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EXCLUSIVE RAPTORS GAME HIGHLIGHTS, PG 20

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Style pg 35
The best of London Fashion Week

CAMERON SPENCER/GETTY IMAGES

Red, White & Romp

Brenden Morrow celebrates after a Canadian first-period goal last night against Russia in Olympic men's quarter-final hockey action at Canada Hockey Place in Vancouver. Canada won 7-3 — to move on to Friday's semifinals. More Olympics, pages 22, 23.

Suspicious discoveries investigated

ANIMALS Police are investigating whether pets are being targeted after a recent string of suspicious discoveries by dog owners, including unmarked pills and a spiked cow tongue.

A man walking his dog Sunday called police after discovering the cow tongue in a wooded area near the Phil White Arena, with at least eight one-foot nails through it.

Police are considering it a prank, said Sgt. Travers Wynne.

"It is not our belief that this was a sabotage or attempt to endanger the life of an animal," said Wynne.

TORSTAR NEWS SERVICE

Pills

• Investigators are also trying to determine if the incident could be linked to two recent dog threats involving unidentified pills. Monday, a resident in Toronto, whose dog mysteriously died last week, reported finding crushed pills in their backyard, a day after up to 50 unmarked pills were found in the off-leash dog area of Allen Gardens. Crushed pills were also found in several neighbouring backyards.

News on the Move
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SCANLIFE

Vancouver Games
Follow Metro as we bring you daily coverage throughout the 2010 Winter Olympics in Vancouver.
• Today — Canadian women shoot for hockey gold against U.S. tonight, page 23

Metro Homes pg 29

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Mangled meaning

City budget chief slams use of 'structural deficit' term

Toronto's budget chief shot back at the Toronto Board of Trade over city hall spending yesterday, but later said the TTC and police could do more to cut their budgets.

In a breakfast speech to the influential business group, Coun. Shelley Carroll scolded its chief executive, Carol Wilding, as well as Don Drummond, chief economist for TD Bank Financial Group, for their opinion piece in Sunday's Toronto Star.

The article noted the city's recently unveiled operating budget hikes spending by 5.7 per cent, to a record $9.2 billion, and

"Why take ownership of the phrase 'structural deficit' and twist its meaning in a way that runs the risk of jeopardizing ever getting the agreement to solve it once and for all?" Coun. Shelley Carroll

"continues a spending pattern that goes back nearly a decade: Toronto's municipal government continues to spend money faster than it collects it — the very definition of a structural deficit."

That statement, Carroll told about 30 business people, mangles the meaning of "structural deficit," which the city has argued is unsustainable spending, in particular the full operating costs of the TTC.

Mayor David Miller has set a Dec. 1 deadline for agreement from the Ontario government to start sharing the $500-million-a-year cost of the service. Premier Dalton McGuinty has said only that he is willing to talk.

"Why take ownership of the phrase 'structural deficit' and twist its meaning in a way that runs the risk of jeopardizing ever getting the agreement to solve it once and for all?" Carroll said.

But later, responding to panelists, she added: "I think the TTC could be a lot more efficient. There are lots of non-service areas still to go to in the TTC (budget) and we need a relationship that allows us to work more closely with them to get that."

She told reporters the TTC and Toronto's police service, whose four per cent hike increased its budget to about $900 million, need to join other city departments in "breakthrough" cost-cutting sessions.

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News in brief

INQUEST The coroner's inquest into the police shooting death of 15-year-old Duane Christian adjourned yesterday, pending deliberations by the jury charged with determining whether or not to make any recommendations to avoid similar deaths in the future. In her closing submissions to the five-person jury, Kikélola Roach, representing the Black Action Defense Committee, said police officers should receive more race-relations training to better negotiate the tensions between police and Toronto's black community.

THE CANADIAN PRESS

Tomorrow's Metro

Urban Compass

April Lindgren brings Metro readers the issues that are affecting Torontonians

metronews.ca

WHAT'S ONLINE TODAY

Video Nova Scotia's African-Canadian community 'well on the way to healing' after historic Africville apology at **metronews.ca/canada**

Video Canadian Chef de mission Nathalie Lambert reflects on Joannie Rochette's emotional skate at **metronews.ca/canada**

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Anti-semitism on rise

B'nai Brith says incidents up nationally, but down in GTA

Anti-Semitic incidents occurred more often in Canada in 2009 than the previous year, but less frequently in the GTA, according to an audit by a Jewish advocacy group.

B'nai Brith Canada recorded 1,264 incidents nationwide in 2009, up 11 per cent from 2008. Some 479 of the incidents took place in the GTA, down 11 per cent from the previous year.

Executive vice-president Frank Dimant said the nationwide figure, the highest ever in the 28 years the audit has been carried out, demonstrates that anti-Jewish hatred continues to be prevalent in Canadian society. He downplayed the GTA decrease, for which he said B'nai Brith did not have an explanation.

"I want to tell you that perhaps Torontonians are becoming more enlightened. I'd like to say that. But I'm not really convinced yet," Dimant said at a news conference.

"I want to tell you that perhaps Torontonians are becoming more enlightened. I'd like to say that. But I'm not really convinced yet."
Frank Dimant, B'nai Brith

B'nai Brith's definition of "incident" includes both criminal offences and non-criminal "harassment," such as anonymous postings on websites and Facebook.

Incidents in the GTA included an assault on a 13-year-old by students who made a Nazi salute. A synagogue, a playground and a storefront were defaced; in the latter case, the owner received a letter from someone who threatened to "blow (the) heads off" Jews.

Dimant spoke at length about what he deemed a "hatefest" on university campuses; the audit said York University, where pro-Palestinian students have frequently clashed with pro-Israel students, was the site of "several of the most serious incidents of 2009."

THE CANADIAN PRESS

Sick Kids catches Olympic fever

HOSPITAL It's the 10th end, with the game on the line.

Eleven-year-old Christopher Sud of Newmarket has the hammer.

The kid may be inexperienced, but as he sharpens his glare down the ice his eyes glint like a seasoned veteran.

Taking hold of the game's final stone, Christopher grips it tightly and pulls back before sliding the flat rock across the table, skipping it over his opponent's guard and landing it squarely on the button — stealing the game and winning another gold medal at the first SickKids Olympics.

"He's been stuck in his room for a week and now he's playing the Olympics," said Christopher's mother, Alice Sud, explaining that her son had been kept in isolation until minutes before the activity's "opening ceremonies."

Christopher was one of dozens of athletes who took part in the games at the Hospital for Sick Children yesterday, celebrating Canada's momentous hosting of the Winter Olympics and giving the hospital's young patients a chance to feel like Olympians for a day.

"We want kids to remember that February 2010 was when the Olympics were in Canada, and not as a time when they were in the hospital," said Caron Irwin, an entertainment coordinator at the hospital.

Irwin said hospital staff has been trying to "create a buzz" about the Winter Olympics over the last two weeks and yesterday's activity was the "jewel" event.

Organizers adapted several Olympic sports for the patients to play in the hospital's atrium. They dropped ice cubes down a bobsled track, shot tennis balls at targets in a simulated hockey game and played plinko slalom. TORSTAR NEWS SERVICE

RENE JOHNSON/TORSTAR NEWS SERVICE

Imma Babar, 6, has a sick sister in the hospital, but took time out from the visit to make a medal from an old CD with volunteer Crystal Dorsey. Patients and family at The Hospital for Sick Children showed off their Olympic spirit yesterday at the first-ever SickKids Olympics.

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46 cats rescued from GTA home

HUMANE SOCIETY After three separate trips and one bite from a rabid feline, a grand total of 46 cats have been removed from "deplorable" conditions at a central Etobicoke home.

Since the Etobicoke Humane Society Valentine's weekend rescue rounded up 28 cats from the dilapidated Eglinton Ave. W. and Martin Grove Road bungalow shared by an elderly woman and her daughter, two follow-up investigations have yielded 18 more felines. THE CANADIAN PRESS

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Money Mart ordered to pay up

A payday loan company has been ordered to pay one of its former employees $30,000 for failing to take her complaints about sexual harassment seriously, CBC News Online reports. Marjorie Harriott of Toronto worked as a customer service representative at a Money Mart store from April 2007 until she was fired in June 2008. METRO NEWS SERVICES

Making utilities pay for repairs

City looks to raise fees for cutting asphalt

Toronto expects to raise $4 million a year by increasing the fees charged to utilities when they cut into city roads.

Water, hydro, gas and construction companies, which already pay about $500 per square metre when they have to slice into the pavement, will pay an extra $20 per square metre if city council approves the plan. That money will go toward road repairs and resurfacing, which costs Toronto about $240 million a year.

Studies show utility cuts — 38,000 annually in Toronto — are responsible not only for patchy, sometimes hazardous road surfaces, but also a higher number of repairs, Mayor David Miller said yesterday.

The fees are supposed to encourage utilities to try to time the work they need to do so it aligns better with the city's road resurfacing schedules.

But whether the higher costs get passed on to consumers is up to the utilities, Miller said at a news conference staged near an ugly patch of pavement on Yonge Street.

But residents will pay the extra cost one way or another, according to a spokesperson for Enbridge.

Although the company hasn't analyzed the effect of the new fees, the cost could potentially be added to overall distribution charges or applied as a direct fee, said Lisa McCarney-Warus.

TORSTAR NEWS SERVICE

Doing their part

- Through a new city car registration fee introduced in 2007, "Torontonians and vehicle owners are doing their part, and now it's time to ask those who are collectively contributing to the premature degradation of our roads to do theirs," said Mayor David Miller.

Husband testifies in sex-bribe case

IMMIGRATION The husband of a Korean woman who says an immigration judge offered to approve her claim in exchange for sexual favours testified in a Toronto court yesterday.

The Crown alleges that Steve Ellis, 50, offered to approve Ji-Hye Kim's refugee application in exchange for sexual favours.

On Tuesday, court saw a secret video of a meeting between Kim and Ellis that was recorded by Kim's husband Brad Tripp, who was her boyfriend at the time.

Tripp told reporters outside the court yesterday that he decided to record the September 2006 meeting because he was concerned that Kim's case wasn't being handled properly.

"Well, I felt that her rights were not going to be protected if we just let this continue on its own course," Tripp said.

"So we took matters into our own hands and made sure we had a good record of this."

Ellis, a former Toronto city councillor, has pleaded not guilty to breach of trust and an Immigration and Refugee Protection Act charge of bribery.

PETER SMALL/TORSTAR NEWS SERVICE

Brad Tripp and his wife Ji-Hye Kim leave Ontario Superior Court yesterday after Tripp testified at the breach of trust and bribery trial of former immigration adjudicator Steve Ellis, 50.

In the video, Ellis can be heard saying that he wants to be "good friends" with Kim, and that he knows she has a boyfriend.

"I've got a wife, so I mean, if we do things together on the side, that's OK," Ellis said in the video.

Ellis then reassures her he's not going to fall in love with her, but warns Kim not to tell her boyfriend about him because he might tell someone she was sleeping with Ellis and that's why he approved her application.

THE CANADIAN PRESS

Campuses turn to social media

INTERNET Humber twittermeister Nick Farnell is one of a growing crop of "social network" whiz kids being hired by colleges and universities to connect with undergrads.

"If you're 17 or 18, you've had email all your life," said Farnell, "and it actually seems sort of official and formal, so social networks are a good way to communicate on their terms."

YouTube videos, Facebook pages, Twitter feeds — these are the new recruiting and customer service tools of today's post-secondary schools.

And no time is more busy on these sites than now, as frantic applicants swap questions on sites like Humber College's Facebook page.

The more students gather on-line, the more schools are heading there to meet them.

York University has hired four "e-ambassadors" to monitor its 4,000-member Facebook site, its 3,000-follower Twitter feed and its Flickr program for photos.

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OPP, military investigating three unrelated deaths of soldiers from same base

OPP and military investigators are looking into three separate "sudden" deaths involving soldiers from CFB Borden. The first incidents involved two soldiers who were found dead on base on Jan. 30 and 31. The body of Cpl. Jedd Veanden-Heuvel was found in Bon Echo Provincial Park north of Kingston, Ont. on Sunday. THE CANADIAN PRESS

Christie Pits pizza nights sliced by city

Two summers ago, some parents watching their kids at the playground in Christie Pits Park looked over and noticed what looked like a miniature house — a community bake oven that was built 10 years earlier by volunteers, but since had been sealed with a padlock.

A great idea struck the group: Community pizza nights in the park.

The idea went off beautifully. The volunteer group Friends of Christie Pits Park stretched the dough every week, slathering on tomato sauce and mozzarella. A city recreation worker manned the oven. Some nights they baked as many as 80 pizzas.

Though the city had to pay the staff member, the products from having up to 100 people sitting in the park together every Friday night — the reduced crime, the cigarette butts and empty pop cans removed, the sense of neighbourhood pride and park ownership — were difficult to quantify.

"We've become a community," says Monica Gupta, the chair of Friends of Christie Pits. "It shows what passion we have for our community. We want to keep it going."

Unfortunately, however, they've fallen prey to a recent crackdown by the city on irregular recreation programming. That means that if they want to keep running pizza nights, they will have to get a permit every Friday and pay city recreation staff to work the oven, Gupta says.

VINCE TALOTTA/THE TORONTO STAR

Monica Gupta, chair of the Friends of Christie Pits Park, stands by the pizza oven the group uses at the park's weekly pizza nights. The volunteers say they cannot afford to run the event now that the city is requiring permits and payment for city staff.

That will be expensive. A permit alone costs almost $100, she says. And rec staff? "We can't afford it. We are all just volunteers."

Three weeks before the ninth annual "Icycle" event at Dufferin Grove rink — which features 50 people on bikes racing across the ice before a crowd of 200 — earlier this month, organizer Derek Chadbourne was told it was no longer considered part of the recreation programming and he'd need a permit and insurance.

Same thing for the family skate day at the Wallace Emerson rink. And the Women of Winter Outdoor Shinny Tournament, which has been considered the showcase event for women's pick-up hockey in the city for five years, was told they'd have to start paying fees next year.

"When you add fees to volunteer events, you effectively end them," says tournament organizer Deirdre Norman.

Malcolm Bromley, the city's director of recreation, said his aim was to build more programs, not destroy existing ones. But he also said programs need to be regulated.

TORSTAR NEWS SERVICE

Pantalone vows to be 'prudent' with city cash if elected mayor

POLITICS Who better to fix what ails city hall than the man who's spent 29 years in local politics, says mayoral candidate Joe Pantalone.

While critics paint Pantalone as a member of the tax-and-spend crowd, he says they've got it wrong: He would, in the style of 1960s New Democratic Party leader Tommy Douglas: Be careful with the people's money.

Coun. Joe Pantalone

"As Tommy Douglas said, 'If you don't have a nickel, you don't spend a nickel.' He was very prudent. He was one of my idols and I plan to follow that school of thought."

Pantalone opened his campaign office yesterday in a former hairdressing salon on Clinton Street in the heart of his Little Italy turf. A couple of dozen supporters and well-wishers packed the office.

Pantalone would expect to battle Shelley Carroll for centre-left votes, except that Carroll hasn't declared she's a candidate for mayor. "Shelley might be persuaded by some to run," said New Democrat MPP Rosario Marchese, who dropped by to wish Pantalone well.

If Carroll stays on the sidelines, Pantalone would become a leading candidate in a race that includes former deputy premier George Smitherman, Liberal Party strategist Rocco Rossi and Coun. Giorgio Mammoliti.

TORSTAR NEWS SERVICE

Natynczyk passes on torch at school

ETOBICOKE "Call me General Walt," Canada's top soldier told students at Kingsway College School.

Gen. Walt Natynczyk, Canada's Chief of Defence Staff, was at the school yesterday to present the Olympic torch he carried in Victoria to the father of a Kingsway student. Ken Hood bought the torch in a charity auction to support True Patriot Love, a foundation that will send wounded military personnel to the Paralympic Games next month.

He also spoke about the military's role keeping the peace around the world, helping out in Haiti and fighting a war in Afghanistan.

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Charges dismissed, but Sask. judge must await fate

Judge Donald Bird, a Saskatchewan judge, has had charges of assault and uttering death threats dismissed. But he will have to wait to hear if he can return to the bench. Bird has been suspended with pay since the charges were laid last year. Now officials will review the case. THE CANADIAN PRESS

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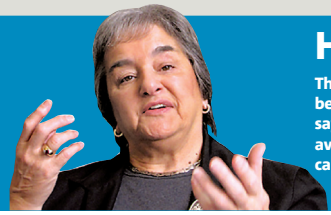

Have a heart, NDP tells N.L.

The heart surgery Premier Danny Williams had in the U.S. should be made available to all residents of Newfoundland and Labrador, says the leader of the province's NDP. Since the same operation is available in Canada the province should fund it through its health care plan, Lorraine Michael says. THE CANADIAN PRESS

Maxime Bernier

Bernier turns up the heat

CLIMATE Canada's ex-foreign affairs minister has come out swinging on behalf of climate-change skeptics and assailed what he describes as alarmism over global warming.

Maxime Bernier says the climate change debate has been "stifled for years by political correctness."

The prominent Conservative MP has written a letter to Montreal's La Presse newspaper saying there is no scientific consensus on the matter.

He says the issue has been taken over by alarmism — and he applauds the Harper government for taking a go-slow approach.

THE CANADIAN PRESS

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'Have not' provinces win

Ontario paying out — and losing, study says

Canada's wealth-sharing program is so out of whack that Ontario residents are helping to fund better government services in so-called poor provinces than they enjoy at home, says a new study.

Equalization, under which Ottawa transfers federal tax dollars to "have-not" provinces, has become a "cheque-writing machine" with no way of accounting for fairness or effectiveness, said David MacKinnon of the Frontier Centre for Public Policy.

The centre, an independent western Canadian think-tank, yesterday released a study of the 53-year-old program, which this year will see $14.2 billion in federal taxpayers' money transferred to poorer provinces.

In the current 2009-10 fiscal year, recipient provinces include Quebec, Manitoba, New Brunswick, Nova Scotia and Prince Edward Island.

Ontario will also receive a small amount.

The centre says that, in many important areas, the levels of government service in the traditional "have" provinces like Ontario (also Alberta and British Columbia) are "significantly below" those enjoyed by residents of most of the so-called poor provinces that receive equalization payments from Ottawa.

Compared to the "have" provinces, the poorer provinces that receive equalization money benefit from substantially more doctors and nurses per capita, lower university tuitions, more daycare spaces, lower student-per-teacher ratios and more long-term care beds, according to the study.

TORSTAR NEWS SERVICE

Africville **Tears as a city says sorry and the memories flood in**

RYAN TAPLIN/METRO HALIFAX

Brenda Steed-Ross, right, is overcome with emotion as she listens to Halifax Mayor Peter Kelly's apology to former residents for destroying Africville, a north end community that stands as a symbol of the strained relations between Nova Scotia's blacks and whites. Kelly promised $3 million to build a replica church and interpretive centre. Some in the crowd called it a token gesture.

Teachers under fire over 'lap dance'

EDUCATION? The fate of two Manitoba high school teachers who performed a sexually suggestive dance at a student rally is now in the hands of the Winnipeg School Division.

One trustee says he thinks the teachers should be fired.

The male and female teachers performed something akin to a lap dance at a rally for students in Grades 9 to 12 last week. Both were fully clothed.

The dance was caught on video and has been uploaded to several websites.

The teachers have been suspended with pay while the school division investigates and decides if disciplinary action should be taken. THE CANADIAN PRESS

Former premiers come together at law firm

Former Progressive Conservative premier Mike Harris, who presided over Ontario from 1995 to 2002, is joining his one-time political rival David Peterson, a Liberal premier from 1985 to 1990, at the law firm Cassels Brock & Blackwell LLP. TORSTAR NEWS SERVICE

RCMP testing small cameras

Uniform-mounted devices part of 6-month pilot project

Get out of the car with your hands up. You're on candid camera.

Liberal senators recommended this week that Mounties be equipped with miniature, uniform-mounted video cameras to enhance "transparency" in the problem-plagued force.

Now, the Toronto Star has learned that at least 20 police departments and detachments across Canada are already using the devices.

The RCMP say officers in detachments in Kelowna, B.C., and Moncton, N.B., (Codiac region) have been fitted with the uniform-mounted cameras as part of a pilot project that is also testing Taser-mounted cameras, made by Arizona-based Taser International.

The six-month pilot project was launched in January using VIDMICs, the trademarked name of a body-worn video and audio-recording device, said RCMP spokesman Sgt. Greg Cox.

20 At least 20 police departments and detachments across Canada are using the uniform-mounted video cameras.

Magdy Rafla of MD Charlton Co. Ltd., the Canadian sales representative for VIDMIC, said the device has also been bought by several Canadian municipal forces, military police and private security firms.

In all, Rafla estimates 225 devices are in use, and if the RCMP testing approves them for wider distribution to its members, the force has told the company it would acquire them for all Mounties — in what would be a huge contract for the Victoria-based company.

TORSTAR NEWS SERVICE

Marijuana Party **B.C. bud**

AP E. C. HONG/THE ASSOCIATED PRESS

Brian Lawson and Mandy Potter smoke marijuana while working at the BC Marijuana Party Headquarters in Vancouver Tuesday. Vancouver is in the marijuana-friendly corner of Canada, and it's hard to miss. Hastings Street alone has several stores that sell marijuana seeds, and the BC Marijuana Party Headquarters is a veritable weed-smoker's den.

Ship sinking probe to look for safety deficiencies

CONCORDIA The agency investigating the sinking of a Canadian tall ship will zero in on any safety deficiencies on board and whether the Brazilian navy was right to wait roughly 20 hours before sending out an aircraft to search for the vessel.

Chris Sawyer of the Barbados Maritime Central Ship Registry said officials plan to take statements from the Concordia's captain, first mate and second mate tomorrow.

He said investigators want to know the condition of the vessel before it sank, what the crew were doing, the weather and how people reacted when they realized the ship was in trouble. THE CANADIAN PRESS

Personnel pinch spurs military mission review

CUTBACKS The military has put up to a dozen international missions on the chopping block as it struggles with a massive personnel shortage, the Toronto Star has learned.

From a five-soldier team training the Kosovo Security Force to the single officer monitoring the 1974 ceasefire in Cyprus to the 30 personnel deployed on peacekeeping operations in Sudan, all is up for review as Canada juggles the demands of Afghanistan, the Olympics, the G8 and G20 meetings of world leaders this summer.

"Political will exists to accept downsizing or deactivation of missions whose effects are no longer required, are not meeting their intent or who can no longer be conducted owing to force generation pressures," according to an internal report last year laying out the criteria for continuing or cutting the international deployments.

The personnel pinch was first identified by Rick Hillier, the former chief of defence staff, in May 2008.

TORSTAR NEWS SERVICE

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Police remove passenger from plane in Montreal
Police detained a passenger on a Toronto-bound flight after a reported security breach at Montreal's airport. Montreal police say the man in his 40s was was pulled off a flight at Trudeau airport in Montreal. THE CANADIAN PRESS

Guide makes being Canadian a snap

Do you know your eh's from your a's, and your zee's from your zed's?

Do you know what to do if a Canada goose attacks?

If the answer is no, then you are obviously not a real Canadian, but fear not. Canada Place, a waterfront convention centre that is home to the main press centre for the duration of the Olympics, has produced a Guide to Becoming an Authentic Canadian for visitors to the Vancouver Games.

The first step, according to the pocket-sized guide, is to know your Canadian icons. The beaver, maple leaf, Canada goose and moose make the list, along with Mounties, loonies and toonies, bears and the toque.

It also advises visitors how to pronounce toque (TWO-k) and how the loonie and toonie got their names (just sounds better than Polar Bearie.)

Step Two is to eat and drink like a Canadian, which, according to the guide, involves maple syrup, beer (We like. We like it a lot.) and lobster.

Throw in some poutine, Canadian bacon, salmon and a donut hole, and tourists have a recipe for heart disease — and assimilation. THE CANADIAN PRESS

Polite to a fault

- "Don't be surprised if someone apologizes to you if you were the one at fault," the guide says. "It's our natural reaction, sorry about that."

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Mistaken mastectomy preventable: minister

HEALTH Ontario's health minister says if a surgical checklist announced in September was in place it would have prevented a mistaken mastectomy.

Laurie Johnston had a breast removed at Hotel-Dieu Grace Hospital in Windsor in November after her doctor misread the biopsy report.

The hospital has said it is doing an internal investigation and Dr. Barbara Heartwell has voluntarily stopped performing surgeries pending the results of the probe.

A second woman has come forward to say she had a breast removed in 2001 by Heartwell only to find out afterward she did not have cancer.

Health Minister Deb Matthews said yesterday that a surgical safety checklist announced in September would include a review of the biopsy before giving the patient anesthetic for surgery.

She said the checklist would have "prevented this terrible error," but could not say why it has not been implemented provincewide five months later. THE CANADIAN PRESS

Aboriginals troubled by youth programs

YOUTH Aboriginal groups are slamming Ottawa and Winnipeg city hall for giving millions to a state-of-the-art youth facility run by evangelical Christians.

Tammy Christensen, with a Winnipeg aboriginal employment centre (Ndinawemaaganag Endaawad) says the Christian facility follows the same philosophy that guided residential schools.

She says there are many aboriginal groups working with inner-city youth who are scraping by but have been told there is no government funding available.

The proposal for a multimillion-dollar downtown youth centre — which would house an indoor skate park and climbing wall — is run by Youth For Christ and would serve a large aboriginal population.

The centre, which has been promised millions in federal and municipal funding, is being voted on today by Winnipeg city council.

THE CANADIAN PRESS

Ontario has given up on key economic driver: Critics
Government promises to help Timmins figure out what to do with its smelter after Xstrata closes its doors in May show the province has given up on a key economic driver in the northern Ontario community, critics said yesterday. THE CANADIAN PRESS

Alberta trails in oil and gas: Study

A new report says Alberta needs to completely rethink its conventional oil and gas royalty rates if it wants to compete for investment with other energy hot spots in North America.

The report by Jack Mintz of the University of Calgary's School of Public Policy looked at barriers and incentives for oil and gas investment in Alberta, B.C., Saskatchewan, the Maritimes and Texas.

Mintz said when it comes to how much the province charges industry to develop the resources, the old Alberta Advantage slogan no longer applies.

"On the conventional side, there is not an advantage — in fact, Alberta's effective tax and royalty rates on new investments is actually much higher than the rest of Canada as well as Texas, in our calculations," he said yesterday.

Mintz looked at how corporate taxes and royalties affect investment and found that when the two are combined the conventional oil and gas industry is taxed roughly twice as much as other industries in Alberta. He said these royalties are applied without any deductions for the costs the company has incurred, something that can turn away potential investors.

"I think we need a better fiscal framework in order to attract investments for Alberta when you have a very competitive world environment for oil and gas investments."

THE CANADIAN PRESS

Approval

• Greg Stringham, a vice-president at the Canadian Association of Petroleum Producers, praised the report. He said Alberta's share of investment in Western Canada has gone down because of taxes and royalty rates. Investors have flocked instead to natural gas in B.C. and oil in Saskatchewan.

Elections Canada appeals ruling that OK'd Tory ad spending

OTTAWA Elections Canada is appealing a court ruling that rejected its claim of illegal spending by the Conservative party during the 2006 federal election campaign.

Federal Court Judge Luc Martineau last month dismissed the watchdog's allegation that 67 Tory candidates wrongly claimed advertising costs that should have been reported as national campaign expenses.

The ruling allowed the Tories to dodge the prospect of having exceeded their national campaign spending limit by more than $1 million.

The party — which believes it has been unfairly targeted by Elections Canada in a case that at one point saw the Mounties raid Tory headquarters — declared the ruling "a total vindication."

But chief electoral officer Marc Mayrand announced yesterday that he will appeal the decision.

In a notice of appeal, the independent watchdog argued that campaign spending limits would be rendered meaningless if Martineau's ruling is allowed to stand.

Under the so-called in-and-out scheme, Conservative campaign headquarters transferred funds to local candidates, who then immediately returned the money to headquarters, ostensibly to pay for advertising that was primarily national in nature.

THE CANADIAN PRESS

News in brief

STRIKE The results are in and faculty at Ontario's 24 colleges have accepted what the colleges called their final contract offer. The colleges said in a statement they are pleased, as it means there will not be a strike. A spokesman for the colleges said the Ontario Labour Relations Board confirmed yesterday that a 51.45 per cent majority accepted the offer.

THE CANADIAN PRESS

UN mediator to try and resolve name dispute
A UN mediator is visiting Macedonia and neighbouring Greece for talks on solving a name dispute that has soured relations for nearly 20 years. Greece says its neighbour's use of the name Macedonia implies claims on its own northern region of Macedonia. THE ASSOCIATED PRESS

World

Brown apologizes to child migrants

U.K. Prime Minister Gordon Brown has apologized to the tens of thousands of poor British children sent to former colonies such as Australia, where many suffered abuse. An estimated 150,000 children were sent to distant colonies under a series of programs that ran until the 1960s. The programs were intended to ease pressure on social services, provide orphaned or abandoned children with a fresh start and supply the British Empire with a "sturdy supply of white workers." Australia's government has also apologized. THE ASSOCIATED PRESS

Whale that killed trainer involved in B.C. death

FLORIDA A SeaWorld spokesman says a killer whale that attacked and killed a trainer in Orlando is the same one involved in two other deaths, including a Canadian trainer's.

SeaWorld spokesman Fred Jacobs says the whale that killed 40-year-old trainer Dawn Brancheau in front of a horrified audience yesterday is Tilikum, who was one of three whales blamed for killing a trainer in 1991 at Sealand of the Pacific in Victoria, B.C.

A man's body was also found draped over Tilikum at Orlando SeaWorld in 1999.

THE ASSOCIATED PRESS

News in brief

NORTHERN IRELAND The only man ever convicted of involvement in a 1998 car-bomb murder in Omagh was acquitted yesterday in a retrial judgment that angered the survivors of Northern Ireland's deadliest blast. The three judges of Ireland's Special Criminal Court ruled that police had failed to collect sufficient evidence against Colm Murphy.

THE ASSOCIATED PRESS

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Hamas leader's son: I spied for Israel

Claims by the son of a Hamas founder yesterday that he was a long-term spy for Israel exposed a new side of the Islamic militant group's vulnerability and punched a hole in its meticulously groomed image of secrecy and discipline.

The spy affair comes at a time when Hamas is still reeling from suspicions that Hamas informants helped Israel assassinate a top Hamas operative in a Dubai hotel. The back-to-back scandals were sure to leave Hamas leaders fearful of their own and ever more painfully aware of how capable Israel is of reaching the inner circles of their organization.

At the centre of the latest affair is 32-year-old Mosab Yousef, a son of Sheik Hassan Yousef, a Hamas founder serving a six-year term in an Israeli prison.

Hamas, which overran the Gaza Strip in 2007, dismissed the younger Yousef's claims as a lie and said they were part of an Israeli attempt to weaken the movement. However, the man's father did not rule out that his son was an informer, contending he was blackmailed by Israeli agents as a teen.

The Israeli Haaretz daily reported yesterday that Mosab Yousef provided intelligence to Israel's Shin Bet security service for more than a decade, preventing dozens of Hamas attacks against Israelis, including suicide bombings, saving hundreds of lives. The paper said he also helped put several senior Palestinian operatives behind bars.

The younger Yousef, who moved to California in 2007, declined an interview request. His memoir, Son of Hamas, is being published in the United States next week. His publicist confirmed that the information presented by Haaretz is described in the book. The author wrote on his Facebook page that his memoir "will blow your minds away, it is going to be like a tsunami in the Middle East."

THE ASSOCIATED PRESS

Alleged hit squad tally at 26

- The spy affair comes at a time when Hamas is still smarting from the Jan. 19 assassination in Dubai of Mahmoud al-Mabhouh, suspected by Israel of procuring Iranian arms for Gaza. Yesterday, Dubai police said at least 15 more suspects using foreign passports are wanted for the slaying of the Hamas commander, raising the alleged hit squad tally to at least 26. Several names were traced to Israeli dual nationals, but all denied involvement.

Greece **Protest turns violent**

PETROS GIANNAKOURIS/THE ASSOCIATED PRESS

Police clash with protesters in Athens yesterday after violence broke out after a large protest against government austerity measures intended to fix the country's debt crisis.

Risqué anti-smoking ads sparking controversy

FRANCE A provocative anti-smoking ad campaign featuring teens in a subservient sexual position has sparked a storm of controversy in France, with the country's family minister calling yesterday for the advertisements to be banned.

The ad, sponsored by the Association for Nonsmokers' Rights, features an adolescent who could be construed to be performing oral sex on a man in a suit, except the teen has a cigarette in his mouth.

A caption reads, "Smoking means being a slave to tobacco."

The leader of the organization behind the campaign acknowledged the ads were meant to shock, and said such provocative campaigns were the only way to reach young people.

"Traditional advertisements targeting teens don't affect them. Talking about issues of health, illness or even death, they don't get it," the group's director, Remi Parola said.

"However, when we talk about submission and dependence, they listen."

One-third of 17-year-olds in France smoke, according to a 2008 study.

THE ASSOCIATED PRESS

"When we talk about submission and dependence, (teens) listen."
Remi Parola, French Association for Nonsmokers' Rights

TAKE A CLOSER LOOK AT
ONTARIO'S NEW
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Personal income tax cuts came into effect January 1st

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6200 Dixie Rd.
34 Bristol Rd. E
4920 Tomken Rd.

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18 - 2501 Third Line
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Richmond Hill
Hillcrest Shopping Centre
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9301 Bathurst St.

Thornhill
Promenade Mall
7171 Yonge St. (Galleria)
7378 Yonge St.

Vaughan
Vaughan Mills Outlet Mall
3 - 10019 Keele St.
2 - 160 Cidermill Ave.
4000 Hwy. 7

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Nominee asks Nobel committee to disregard nomination

Israeli nuclear whistleblower Mordechai Vanunu has asked the Nobel Peace Prize committee to disregard his nomination, a Nobel official said yesterday. THE ASSOCIATED PRESS

Danish woman gives birth twice after ovary transplant

When Stinne Holm Bergholdt of Denmark was diagnosed with bone cancer at age 27, she was afraid she wouldn't be able to have children.

So she asked her doctors if they could remove an ovary before her treatment and transplant it back afterward to preserve her fertility.

More than six years later, Bergholdt and her husband now have two daughters, making her the first woman in the world to give birth twice after an ovary transplant.

Details of her case were being published online today in the journal, Human Reproduction.

"It's hard to believe it's really true," said Bergholdt, of Odense, Denmark. "It's like a dream that I never would have thought possible a few years ago."

FLEMMING HOLM BERGHOLDT/THE ASSOCIATED PRESS

Stinne Holm Bergholdt holds her two children, Aviaja, left, and Lucca, in Odense, Denmark.

Doctors took 13 strips of ovarian tissue from Bergholdt's right ovary and froze them. Doctors reimplanted seven of the strips, or about 20 per cent of an entire ovary after her treatment. THE ASSOCIATED PRESS

News in brief

DRUGS Governments around the world must step up their efforts to limit access to "date-rape drugs," sedatives that are secretly added to a person's drink to reduce his or her ability to resist sexual assault and remember it later, a watchdog said yesterday. Sexual predators can easily procure such drugs, despite existing efforts to curb their misuse, the International Narcotics Control Board said in its annual report. THE ASSOCIATED PRESS

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Jail time for false rape claim

A woman who pleaded guilty to fabricating a gang rape accusation has been sentenced to up to three years. THE ASSOCIATED PRESS

SANDRO PAGLIA/THE ASSOCIATED PRESS

Italian Premier Silvio Berlusconi touches his face during the presentation of "Promoters of Freedom," in Rome, yesterday.

Warrant out for Italian senator

Italian anti-Mafia authorities issued arrest warrants Tuesday for a prominent businessman and a senator from Premier Silvio Berlusconi's party.

The move was part of a crackdown on a group accused of laundering more than $2 billion.

Some 56 suspects are being sought in Italy and abroad, including in Britain, Switzerland and Panama, for using ghost companies to carry out fake transactions, anti-Mafia prosecutor Piero Grasso said.

THE ASSOCIATED PRESS

Sub-par results sees teachers fired in U.S.

SCHOOLS A U.S. school district has voted to fire all the teachers at an underperforming school.

The Providence Journal reports that the Central Falls School Committee voted Tuesday evening to fire every teacher at Central Falls High School at the end of the school year.

It's the only school in the tiny, impoverished city north of Providence. Only about half its students graduate, and only 7 per cent of 11th-graders, who are around ages 16 to 17, were proficient in math in 2009.

The plan was developed because of a federal effort to makeover failing schools.

The Central Falls Teachers Union says it is reviewing legal options and hasn't decided what action to take.

Education Secretary Arne Duncan applauds the decision and says, "When schools continue to struggle we have a collective obligation to take action." THE ASSOCIATED PRESS

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‡Limited time lease offers based on new 2010 Honda models. Lease examples based on new 2010 Civic DX Sedan, model FA1 E26EX / 2010 Accord LX Sedan, model CP2E3AE / 2010 CR-V LX 2WD, model RE3K3AEY available through Honda Financial Services on approved credit. 2.9% / 2.9% lease APR for 48 / 48 / 48 months. Monthly payments $148 / $248 / $268. Down payment or equivalent trade of $3,726 / $5,286 / $5,083 (includes freight and PDI, A/C tax where applicable, and environmental and OMVIC fees). First monthly payment and $595/$650 security deposit due at lease inception. 20,000 km per year allowance. 20¢ per km thereafter. Lessee responsible for excess wear and tear. Offer ends March 1st, 2010. ¥Based on new 2010 Civic DX Sedan, model FA1E74AEX available through Honda Financial Services on approved credit. ‡MSRP is $17,420 (TURN-KEY PRICE includes $1,420 freight and PDI, and environmental and OMVIC fees) financed at 0.9% APR equals $297.02 per month for 60 months. Cost of borrowing is $401.43 for a total obligation of $17,821.43. Taxes, license, insurance and registration are extra. Retailer may sell for less. Retailer order / trade may be necessary. ¥Prices lowered by $500 on all new 2010 Accord 4-cylinder models; by $1,000 on all new 2010 Accord V6 models; by $1,000 on all new 2010 Civic models except Hybrid; by $1,500 on all new 2010 CR-V models. #/†Offers valid from January 27th, 2010 through March 1st, 2010 at Centre Honda. Offers valid only for Ontario residents at Centre Honda. Offers subject to change or cancellation without notice. See Centre Honda for full details. *As reported by Canadian manufacturers for calendar year 2008. See Centre Honda for details.

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Comment

Smart guy's guide to meeting women

Let me tell you a story about how not to pick up women.

I was recently approached in the middle of a mall in the middle of the day. Romeo invaded my personal space, dropped alternately flattering and suggestive comments and generally made me feel uncomfortable.

Before slinking away, he gave me his phone number. (It has since been circular filed.)

Without a doubt, this was the work of a pick-up artist.

Pick-up artists are a subculture of men who liken dating to a sporting event. The objective? Score as many touchdowns as humanly possible.

While I take issue with many of these real-life Leisure Suit Larrys, I do have to give them a little credit. There is one thing these men are doing right.

They are talking to women.

But how can decent, relationship-seeking dudes meet women without being lumped in with methodical sleazebags?

Here are some pointers from me and my babe friends:

- Talk to women in bars, cafés, restaurants, book stores and at social events. Try not to corner us on the street, on public transit (where there is no easy means of escape) or when we're clearly busy
- Say Hi. If we respond curtly and our body language makes it obvious that we would prefer to be alone, leave
- Referring to women as "fine females" won't earn you any brownie points, lady-killer
- Neither will hitting on the friend of a woman who just rejected your advances
- Ask open and thoughtful questions. "How are you doing this evening?" will absolutely fail. "Nice button, I like that band, too. Have you ever seen them live?" is a conversation starter
- Sexual innuendo within the first few minutes of meeting = ick
- Manners are sexy (eyes up here, gents!)
- Don't ask for our number right off the bat — this is something you earn
- We like sincere compliments
- We like it when you listen
- Do not touch us (unless we touch you first)
- Flirting with a stranger you find attractive and intriguing is cool. Pouncing, serial-style, on a multitude of ladies? Not so super cool.

There you have it, fellas. Free advice! And all the money you've just saved on how-to books and classes can be spent on buying dinner for a smart and pretty girl.

Sofi Papamarko is a 20-something writer based in Toronto. Her heroes include Desmond Morris and Nancy Sinatra.

Views

Many women have been left behind

We've come a long way — maybe.

Reports released in the last week suggest women's economic progress in Canada has stalled. The high-profile successes of some prominent, predominantly white, professional women may have obscured the broader trends. While some of us have moved forward, many have been left behind.

A report to the UN on the Status of Canadian Women in Canada documents "systemic erosion" of women's position in recent years. In 2006, Canada was 14th among 115 countries in the World Forum's gender gap index, but by 2009 we had slipped to 25th. Citing Stats Canada, the report notes that the wage gap between men and women steadily declined for three decades and then stagnated in 2000. Women employed full time earned 75 per cent of what men earned in 1980, rising to 79 per cent in 1990 and 85 per cent in 2000 and stuck there in spite of a steady increase in the proportion of women graduating from university.

While these trends are troubling, the gaps for visible minority, aboriginal and disabled women are simply appalling. In addition, more than one-third of Canadian single mothers live below the poverty line at the same time that the advancement of women is being touted as a centrepiece in our international development strategies.

In many circles, feminism, the forbidden "F" word, is considered passé. The closing of 75 per cent of our Status of Women offices across the country occurred not with a bang but a whimper. Many professional women are satisfied enough with their progress not to make waves and many young women do not see the problems, at least not until they get into the workplace (if my daughter's experience is any indication).

I began my career decades ago surrounded by less qualified men earning more than me in offices decorated with scantily clad women and seeped in sexist banter. Certainly I would agree that we have come a long way — the scantily clad women and sexist banter are mostly gone. But while the wage gap has diminished it has not disappeared and if the patterns outlined in these reports persist, the progress we have made may be in jeopardy.

Wendy Cukier is the associate dean of the Ted Rogers School of Management at Ryerson University, and the founder of Ryerson's Diversity Institute.

MICHAEL DE ADDER

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What causes hereditary hair loss?

Each hair grows from a pocket in the skin called the hair follicle. During its growing phase, the follicle has a bulb-shaped bottom, the center of which is called the dermal papilla. The papilla is fed by very small blood vessels, which bring it food & oxygen and remove wastes. The papilla is highly sensitive to hormones and chemicals secreted by the body *(or ingested as a medicine)* which impacts hair growth.

It is believed that some individuals have a genetic predisposition to a receding hairline *(most common in men)* or hair/follicle thinning over larger areas of scalp *(more common in women)*. These conditions result from hormonal changes caused by an enzyme in the dermal papilla called 5-alpha-reductase. This enzyme breaks down the hormone testosterone into dihydrotestosterone *(DHT)*.

Over a period of time, an over abundance of DHT causes the hair follicle to degrade and shortens the active phase of the hair, eventually leading to thinner hair and eventual hair loss.

How does BIO-FEN PLUS™ *work?*

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BIO-FEN PLUS™ also contains vitamins to increase blood flow to the small capillaries that feed the hair roots, to deliver the active herbal compounds and remove waste. **Therefore, BIO-FEN PLUS™ provides a natural, safer alternative to expensive drugs, and/or expensive & painful hair transplants.** As with the prescription alternatives, results vary from person to person, and no one product will work for everyone.

How long must I use BIO-FEN PLUS™ *?*

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Anyone experiencing new growth will see it within four to six months. Once results become apparent, some users are able to reduce their BIO-FEN PLUS™ supplement dose to one capsule every second or every third day. Some clients will continue to take BIO-FEN PLUS™ daily. Once you stop completely, however, your hair growth pattern will slowly go back to the point where you started.

How safe is BIO-FEN PLUS™ *?*

The ingredient combination in BIO-FEN PLUS™ is generally safe for most adults. However, the following cautions are advised:

Folic acid: Consult a health care practitioner if you are uncertain whether or not you are taking adequate vitamin B12, as folate supplementation can mask a Vitamin B12 deficiency.

Vitamin B3: Consult a health care practitioner prior to use if you have impaired liver function.

Vitamin B6: Consult a health care practitioner prior to use if you are taking levodopa.

What is the quality of BIO-FEN PLUS™ *?*

BIO-FEN PLUS™ is manufactured in Canada according to a quality assurance program called Good Manufacturing Practices *(GMP)*. This ensures that the ingredients are tested for their level of quality, potency & purity, prior to production and again prior to sale.

See our website to locate your nearest Health Food Store or Pharmacy that offers BIO-FEN PLUS™ and other quality products from Hair Grow Technology. If you have any questions or comments about our products that target hair loss and support the growth of strong, healthy hair, please do not hesitate to contact us.

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D-calcium pantothenate *(Vitamin B5)*	10.40 mg
Niacinamide *(Vitamin B3)*	10.25 mg
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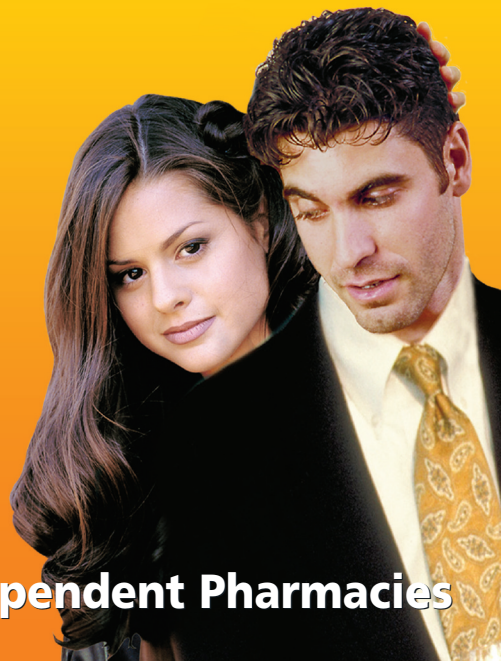

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China's banks told to up lending to private businesses

Regulators have ordered China's banks to step up lending to private businesses while restricting credit to local government projects, the industry regulator and a state newspaper said yesterday. THE ASSOCIATED PRESS

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Corporate gold rush

Games sponsors getting good value for the buck: Experts

VANCOUVER 2010 Games

After all the handwringing in advance of the Olympics about corporate sponsorships, the Winter Games in Vancouver are turning out to be golden — and not just for Canada's athletes.

Whether it's record TV audiences, shortages of Olympic mittens, or an online torch relay contest that attracted hundreds of thousands of entrants, the Games have clearly been a winner for the companies that paid hundreds of millions to be involved.

> **"Certainly the biggest winner right now is the Bay with the mittens."**
> Ken Wong, marketing professor

While it's too early to say who's bringing home the most corporate medals, we asked a few marketing experts to give us their best guesses.

Here's what they said:

At roughly the midpoint, the clear winner among corporate sponsors is the Olympic Media Consortium led by CTV Inc. and Rogers Media Inc., according to all three marketing experts consulted.

Having paid a record fee of $90 million for the broadcast rights amid a recession that promised no sure payoff, the consortium is attracting massive audiences both on TV and online.

On Monday, the Canada-U.S. men's hockey game became the most watched sports program in Canadian history, drawing 10.6 million viewers.

By Tuesday, some 25.2 million Canadians had tuned in to the Olympics over the course of the broadcast day. That represents three-quarters of Canada's population. That's good news for all Olympic advertisers, marketing experts added, even those whose commercials may irk or seem a bit bland.

"I'm assuming they're all doing well in terms of delivering value," said Alan Middleton, a marketing professor with York University's Schulich School of Business. "At a minimum it means any deals they signed aren't going to require CTV to pay any rebates."

Apart from the media consortium, it's harder to measure how other Olympic sponsors are faring. The results of Olympic campaigns are often not visible for months.

"Certainly the biggest winner right now is the Bay with the mittens," said Ken Wong, a marketing professor with Queen's University's School of Business.

The distinctive red woolen mittens worn by the Olympic Torch bearers quickly flew off Hudson's Bay Company shelves. Indeed, they were out of stock until a last shipment arrived just before the start of the Games.

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Russia Building for 2014 Games

SERGEY PONOMAREV/THE CANADIAN PRESS/AP

Construction of Olympic facilities in the Imeretinskaya valley in Russia's Black Sea resort area continues. The mountain resort will host much of the 2014 Winter Olympics.

Toyota boss apologizes for recalls

SAFETY Toyota CEO Akio Toyoda apologized yesterday to the U.S. Congress — and millions of American Toyota owners — for safety lapses that led to deaths and widespread recalls for accelerator and braking failures. But he disputed claims by some safety experts that the cars' electronic throttles might be at fault.

"I'm deeply sorry for any accident that Toyota drivers have experienced," said the grandson of the founder of the world's largest automaker.

Amid a phalanx of cameras, Toyoda, dressed in a dark suit, stood before the House Oversight and Government Reform Committee, raised his right hand and promised to tell the truth.

House committee chairman Edolphus Towns welcomed him and thanked him for volunteering to testify.

"We're very impressed with that. It shows your commitment to safety as well," Towns said.

Toyoda pledged his company would change the way it handles consumer complaints, including seeking greater input from drivers and outside safety experts when considering recalls. Toyota managers will also drive cars under investigation to experience potential problems first hand, he said.

Toyoda told the panel he was "absolutely confident" there was no problem with the electronics of Toyota vehicles and repeated the company's stance that sudden accelerations were caused by either a sticking gas pedal or a misplaced floor mat.

Toyota has recalled 8.5 million vehicles worldwide, including 270,000 in Canada, mostly to fix problems with floor mats trapping gas pedals or with pedals getting stuck.

THE ASSOCIATED PRESS

SUSAN WALSH/THE ASSOCIATED PRESS

Toyota President and CEO Akio Toyoda, left, and Yoshimi Inaba, right, president and chief executive officer, Toyota Motor North America, are sworn-in on Capitol Hill in Washington, yesterday, prior to testifying before the House Oversight and Government Reform Committee hearing on Toyota.

January surge leads to low housing supply

REAL ESTATE Canada's housing market is in tight supply after a surge in activity during January, a traditionally slow month for the industry, says real-estate giant Re/Max.

The sales organization said yesterday that in most of the 16 major markets tracked by organization there was an unusually strong amount of activity, motivated by a series of external factors.

The uptick was felt in 87.5 per cent of the markets surveyed, while the average home price appreciated 81 per cent, it found in a survey.

Home buyers have entered the market amid expectations of higher interest rates and tighter lending, as well as the introduction of Harmonized Sales Tax in British Columbia and Ontario, Re/Max said.

"Affordability is the catalyst for the vast majority of purchasers in today's housing market," said Elton Ash, the executive vice-president of Re/Max in Western Canada.

"While home ownership is still within reach in many major centres, levels are slipping. There is a growing sense, on both sides of the fence, that the time to act is now."

Toronto is being affected the most, with a 41 per cent decline in active home listings, while Kitchener-Waterloo is down 33 per cent. Both Ottawa and Victoria are off about 30 per cent, the survey said.

Other areas of the country were less impacted, with Saskatoon down 37 per cent, while Calgary and Edmonton were both off 26 per cent.

THE CANADIAN PRESS

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Business in brief

LENDING U.S. Federal Reserve Chairman Ben Bernanke told U.S. Congress yesterday that record-low interest rates are still needed to ensure that the U.S. economic recovery will last and to help cushion the sting of high unemployment.

THE ASSOCIATED PRESS

INTERNET Nortel Networks has abandoned plans for a competitive auction of its voice-over-internet business unit and will work to complete a sale to Genband Inc., which is expected to offer jobs to about 2,000 of the unit's employees.

THE CANADIAN PRESS

Maple Leaf reports $21.9-million profit

Maple Leaf Foods says net income increased to $21.9 million in the fourth quarter due to improvements at its meat-products businesses, even though overall sales dipped slightly to $1.32 billion. THE CANADIAN PRESS

China **Real estate bubble?**

ANDY WONG/THE ASSOCIATED PRESS

A woman loads salvaged raw materials yesterday from a demolished residential area on the outskirts of Beijing. Rapid urban redevelopment is spreading to the outskirts of the Chinese capital as easy credit is fuelling what some communist leaders worry is a dangerous bubble in stock and real estate prices.

Business in brief

BUDGET VIA TWITTER The Finance Department is turning to Twitter to deliver its message in bite-sized chunks of 140 characters or less. The department plans to begin tweeting when Finance Minister Jim Flaherty rises in the House of Commons to deliver his latest budget March 4.

RAILWAY France's national railway has awarded Bombardier a contract that could eventually be worth €8 billion ($11.4 billion). The initial order for 80 regional trains and options for 49 more could exceed €1 billion, or about $1.4 billion at current exchange rates.

THE CANADIAN PRESS

Bloom unveils its power box

Fuel cells creating a buzz

A secretive Silicon Valley startup working on a new way to produce cleaner energy is taking the wraps off its product: A huge box of fuel cells it hopes will allow homes and businesses to generate their own electricity.

The technology from Bloom Energy, already used at major companies such as Google Inc. and EBay Inc., has been the subject of intense anticipation because it promises to produce more power — with less environmental damage — than other fuel cells on the market.

Yet analysts warn the technology has yet to be widely proven.

"Fuel cells have always held the promise that they're going to be this huge thing, but so far it hasn't really materialized," said Shu Sun, an energy technologies analyst with Bloomberg New Energy Finance. A 2008 study by his firm found that the fuel cell market would reach $1.5 billion by 2015, primarily in wireless telecommunications, recreational vehicles and midsize "distributed generation," which refers to fuel cells that would power, say, a block of apartments rather than individual homes.

Capital

- Bloom Energy, which is based in Sunnyvale, has lured around $400 million of venture capital, its co-founder and CEO, K.R. Sridhar, told the 60 Minutes news show.

Fuel cells make power through chemical reactions, but they need fuel themselves to work. Instead of only being able to use hydrogen, Bloom Energy cells can use wind, solar power and whatever else is available, which could vary from community to community.

THE ASSOCIATED PRESS

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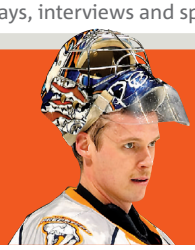

Rinne gets extension

The Nashville Predators signed goaltender Pekka Rinne, left, to a two-year, $6.8-million US contract extension. The team said yesterday the deal will pay him $2.8 million in 2010-11 and $4 million in 2011-12. Rinne, 27, has a 20-12-4 record in his second full NHL season. As a rookie in 2008-09, he was 29-15-4. THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

DARREN CALABRESE/THE CANADIAN PRESS

Toronto Blue Jay Vernon Wells, left, and manager Cito Gaston chat during batting practice yesterday in Dunedin, Fla.

Wells accepts role as leader

Vernon Wells says he's finally prepared to assume the mantle of leadership for the youth-laden Toronto Blue Jays.

"I remember being here and Carlos (Delgado) and those guys being here, and I was a young guy trying to make the ballclub," said Wells, "and now it's completely changed."

The 12-year veteran already had completed his third season as the Blue Jays full-time centre-fielder in 2004 when Delgado, a first baseman and the position players unquestioned clubhouse leader, departed via free agency after a dozen years with Toronto.

"I was ready (to lead) then," Wells said yesterday, his first day in training camp. "It's that feeling that 'This is my team' wasn't there. I felt it was partly my team, with (pitcher) Roy Halladay the other part."

Halladay was traded in December to Philadelphia.

When the 31-year-old Wells, the longest tenured player on the team, looks around the clubhouse and sees a lot of young players, he feels he's ready to lead.

> **"Guys look at you to do the right things and how to be successful at this level."**
> Vernon Wells

"It's a fun role to be in," he said. "Guys look at you to do the right things and how to be successful at this level. It's a role I'm looking forward to. For me, it's pretty easy. You expect guys to go out and play hard. That's my point to everybody. There's one thing you can control in this game and that's going out and playing the game the right way and respecting the game. Things will work out after that."

Manager Cito Gaston said Wells and second baseman/designated hitter Aaron Hill, starting his sixth season, "are probably going to be two guys who step up and do it."

THE CANADIAN PRESS

SCOREBOARD

NBA

YESTERDAY'S RESULTS

Portland 101 TORONTO 87
Atlanta 98 Minnesota 92
Memphis 99 Washington 94
Indiana at Chicago
New Orleans at Milwaukee
Orlando at Houston
Oklahoma City at San Antonio
Charlotte at Utah
Philadelphia at Phoenix
L.A. Lakers at Dallas
Detroit at L.A. Clippers

Sports in brief

MLB Major League Baseball is hoping to test minor leaguers for human growth hormone this year. A blood test for HGH has been in existence since the 2004 Athens Olympics, but baseball officials have said until now that its validity was not universally accepted by the scientific community.

SOCCER Esteban Cambiasso scored the winning goal yesterday to give Inter Milan a 2-1 victory over Chelsea in the round-of-16 match in the Champions League.

SOCCER Ryan Shawcross and Tuncay Sanli scored extra-time goals as Stoke beat Manchester City 3-1 in an FA Cup fifth-round replay yesterday to reach the quarter-finals. City is lying in fifth place in the league standings and has 15 points to make up on leader Chelsea.

NHL The Dallas Stars have waived goaltender Alex Auld, a strong indication that Marty Turco won't be moved before next week's trading deadline. The move disclosed yesterday leaves the Stars with two goalies: Turco, in the last season of his contract, and Kari Lehtonen.

THE ASSOCIATED PRESS

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Votto says he's much better after last year's tough season

MLB As the Cincinnati Reds were starting spring training, pitcher Kip Wells asked first baseman Joey Votto, "Are you happy?"

It's a simple question that sums up the Etobicoke native's biggest challenge. Last season, he missed 21 games because of depression and anxiety related to the death of his father.

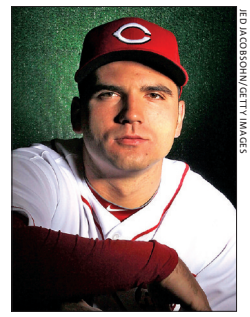
Votto also missed several games with dizziness and headaches caused by an ear infection, but still led the team in most offensive categories — batting average (.322), runs (82), home runs (25), doubles (38) walks (70) and total bases (266).

The 26-year-old Votto said he is doing much better as the new season begins.

"I feel like I'm progressing and I feel like things are getting better," Votto said. "I'm a long way away from where I was last year. But last year was tough and last year's last year. I'm here now and I'm doing better. That's all that matters."

Votto doesn't avoid talking about his struggle with depression, but tries not to dwell on it.

"I'd really like for it to be part of my past and forget about it," he said. "Not only is that the healthiest way, you don't need to rehash it because it's not good for it."



JED JACOBSOHN/GETTY IMAGES

Joey Votto poses yesterday during media photo day.

His problems started in May, when an inner-ear infection caused dizziness and gave him a scare. Doctors initially weren't sure what was causing the problem and put him through a battery of tests. He missed a dozen starts because of the dizziness, which was aggravated by plane travel.

In June, he went on the disabled list to deal with his anxiety and depression.

THE ASSOCIATED PRESS

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SCANLIFE
First reality TV, now this? Ozzie Guillen's boss is none too happy about a new Twitter feed. Scan this code for the story.

With deadline near, Leafs know changes could come

NHL Jean-Sebastien Giguere was embarrassed to admit he has not spent much of his Olympic break actually watching the Games. His excuse is simple and understandable, considering part of his vacation away from the Toronto Maple Leafs was used to relocate his young family across the continent.

He does not have a television.

The 32-year-old goaltender, acquired in a trade with the Anaheim Ducks two weeks before the Vancouver Olympics, took possession of his new house in Toronto Tuesday, one day before returning to practice with the Leafs yesterday.

Toronto stumbled into the break on a two-game losing streak, tumbling to last place in the Eastern Conference standings, only five points ahead of the Edmonton Oilers for last place in the NHL's overall standings.

New faces have been added, with the promise more will be on the way when the NHL trade deadline tolls at 3 p.m. ET March 3. The future is uncertain, highlighted by the fact Giguere said he has the house only through the rest of the season.

Everyone, he said, has something to prove.

"We need to put the past in the past and forget about it," Giguere said. "Just really focus on the future of this team, you know? And from what I've seen, the 10 days I was here, there's a lot of quality young guys, a lot of talent and a lot of energy."

LUCAS OLENIUK/TORSTAR NEWS SERVICE

Mikhail Grabovski takes part in a Leafs practice yesterday.

The Leafs were put through an energetic practice at their west-end Toronto facility yesterday, even while coach Ron Wilson and forward Phil Kessel were on the other side of the country, leading the U.S. to a 2-0 win against Switzerland in the quarter-final round of the Olympic hockey tournament.

They will return at some point, along with fellow Olympians Tomas Kaberle and Jonas Gustavsson, to find out just what kind of team the Leafs might be heading into the summer.

Toronto has 21 games left on its schedule, and with the playoffs all but officially out of reach, it is reasonable to assume that some players will need the home stretch to audition for future employment.

THE CANADIAN PRESS

Packers make Pickett franchise player
The Green Bay Packers have used their franchise tag on nose tackle Ryan Pickett, keeping the hefty centre of their 3-4 defence at a hefty sum. THE ASSOCIATED PRESS

Raps blazed by Portland

NHL RESULTS

Portland 101 **Toronto** 87

VS

Andre Miller had 18 points, 10 assists and seven rebounds, Brandon Roy scored 20 points, and the Portland Trail Blazers beat the Toronto Raptors 101-87 last night.

Rudy Fernandez scored 17 points, Jerryd Bayless had 11 and Juwan Howard 10 for the Trail Blazers, who won their second straight to open a five-game road trip that will also take them to Chicago, Minnesota and Memphis.

Hedo Turkoglu scored 24 points, Jarrett Jack had 18 and Andrea Bargnani added 15 as the Raptors failed to top 100 points, ending a 20-game streak that began Jan. 6 at Orlando. Toronto went 14-6 in that span.

Amir Johnson had 10 points and eight rebounds for the Raptors.

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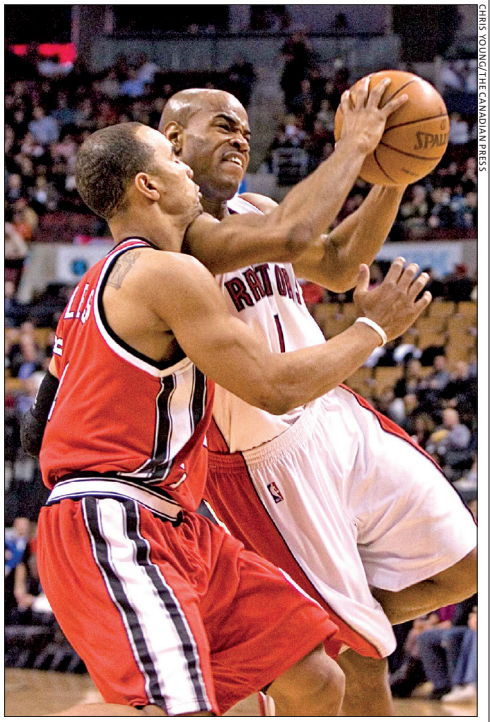

CHRIS YOUNG/THE CANADIAN PRESS

Toronto Raptor Jarrett Jack, right, jumps on Portland Trail Blazer Jerryd Bayless during first-half action from last night's game.

Patriots not watching their pennies: Owner

NFL Robert Kraft insists the New England Patriots will pay whatever it takes to win.

And the team owner has the paycheque stubs to prove it — regardless of what Randy Moss says.

"Do you know how much he (Moss) has made over the last two years? Over $20 million (US), so I don't think we don't pay for quality and I think you can see that," Kraft told The Associated Press yesterday in Indianapolis, where he is attending the NFL's annual scouting combine.

Kraft's comments come just days after Moss told reporters at a charity softball event in Florida that he did not expect to return to the Patriots following the 2010 season because he would cost the team too much.

"You know the Patriots don't really pay, so when I got my second contract from them that was a blessing in disguise," Moss told The Boston Globe.

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Slovakia forward recovering from concussion

Slovakia forward Lubos Bartecko is recovering from a concussion after being levelled by a scary shoulder hit from Norway defenceman Ole Kristian Tollefsen during a 4-3 victory in the men's Olympic hockey tournament Tuesday night. THE ASSOCIATED PRESS

Vancouver Games

EDITOR: DON.MCHOULL@METRONEWS.CA

Hughes goes out on a high note

LONG-TRACK Clara Hughes capped her remarkable career with an Olympic bronze medal.

The 37-year-old long-track speedskater from Glen Sutton, Que., was third in the women's 5,000 metres at the Vancouver Olympics yesterday, an event she won four years ago in Turin.

Clara Hughes

She finished in six minutes 55.73 seconds. The time stood as a track record before it was broken twice, first by silver medallist Stephanie Beckert of Germany and then by gold medallist Martina Sablikova of the Czech Republic.

Sablikova won in 6:50.91, followed by Beckert in 6:51.39.

The medal is the sixth of Hughes's career, putting her in a tie with Winnipeg's Cindy Klassen as Canada's most decorated Olympian.

Hughes, who carried the Canadian flag into B.C. Place at the opening ceremonies, said she came into the Games thinking physical and mental excellence rather than medals or owning the podium.

"I did that in the last race of my life on ice and it was so enjoyable," Hughes told CTV.

"I'm just really proud of the process I went through to bring me to this place."

THE CANADIAN PRESS

Short-track team gets upgrade

SPEEDSKATING The Canadian women's short-track team went to silver from bronze in a matter of seconds at the Winter Olympics.

Canada finished third in the women's 3,000-metre relay but was quickly upgraded to silver when the winning South Koreans were disqualified for a rules violation.

Tania Vicent of Laval, Que., Kalyna Roberge of St-Etienne-de-Lauzon, Que., Jessica Gregg of Edmonton and Marianne St-Gelais of St-Felicien, Que., finished in a time of four minutes 9.137 seconds.

China won in a world-record time of 4:06.610 while the United States got bumped to third from fourth. They finished in 4:14.081.

It's the second medal for the Canadian short-track team at these Games after St-Gelais won a silver in the women's 500 metres.

Canadian women have won a medal in the relay at every Olympics since the event was introduced in 1992. That was the last time they took gold.

THE CANADIAN PRESS

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KEVORK DJANSEZIAN/GETTY IMAGES

Canada's Ryan Getzlaf celebrates with Dan Boyle after scoring a goal against Russia last night at Canada Hockey Place in Vancouver. Canada beat Russia 7-3 to advance to the semifinals.

Russians rocked

Canadians drive Nabokov from net in win

Team Canada sent Russia packing from the Olympic men's hockey tournament yesterday with a stunning 7-3 victory that showed the home team is back in high gear and firing on all cylinders.

Next up comes the winner of a Sweden-Slovakia quarter-final, which was played late last night. The semifinal goes Friday.

This was the kind of Canadian hockey that fans had been yearning for since executive director Steve Yzerman named his team in December — a physical, relentless attack combined with speed and skill.

After a slow start to the tournament, Yzerman calmly reassured the nation it was coming. His team delivered on the promise by dispatching Germany and Russia on back-to-back days by a combined score of 15-5.

Americans win

- Zach Parise scored twice in the third period as the top-seeded U.S. men's hockey team advanced to the Olympic semifinals with a tight 2-0 victory over Switzerland yesterday.

The win over Russia was especially satisfying for another jam-packed house at Canada Hockey Place. There were quite a few Russian flags among the throng of red-and-white Canadian jerseys, but many of them were packed up and put away by the time the third period started.

At that point, Canada had already chased Russian goaltender Evgeni Nabokov and built a 7-3 lead in one of the most lopsided games the teams have played in recent memory.

Canada was rampant from the get-go. There was a more physical element to the team's game — Alex Ovechkin received a particularly rough ride early — and Ryan Getzlaf opened the scoring at 2:21, nearly getting knocked over by an exuberant Dan Boyle who did all the work on the play.

"We were not surprised about how they were going to start," Ovechkin said of the Canadians.

"I think we were not ready for the first five minutes of the game.

"When we woke up it was too late. It was 3-0."

THE CANADIAN PRESS

Canadian women win gold, silver in bobsled

HISTORY Canadians have finished 1-2 in the Olympic women's bobsled.

Canada has never won an Olympic medal in women's bobsled. Now it has two.

Kaillie Humphries of Calgary and Heather Moyse of Summerside, P.E.I., drove Canada 1 to the gold in the final run, edging teammates Helen Upperton of Calgary and Shelley-Ann Brown of Pickering in the Canada 2 sled.

Humphries' winning time was three minutes 32.28 seconds over the four runs. Upperton's time was 3:33.13.

The USA 2 sled, with Erin Pac and Elana Mayes aboard, won bronze in 3:33.40. THE CANADIAN PRESS

What to watch today

TV Highlights

Noon: Women's curling
Canada vs. Switzerland, and China vs. Sweden (CTV, Sportsnet).

2 p.m. Women's hockey
Bronze medal game Finland vs. Sweden (TSN).

2 p.m. Cross-country skiing
Women's 4x5km relay classic/free gold medal (OLN).

4 p.m. Nordic combined
Individual large hill/10km cross country (Sportsnet).

5 p.m. Men's curling
Semifinals: Norway vs. Switzerland, and Canada vs. Sweden (TSN, Sportsnet).

6 p.m. Women's hockey
Gold medal game Canada vs. U.S. (CTV).

8 p.m. Figure skating
Women's free gold medal (TSN).

9 p.m. Freestyle skiing
Men's aerials gold medal (Sportsnet, OLN).

VANCOUVER GAMES

Medal Count

NATION				TOTAL
U.S.	7	9	12	28
Germany	7	10	7	24
Norway	6	6	6	18
Canada	7	6	2	15
Russia	3	4	6	13
South Korea	5	4	1	10
Austria	4	3	3	10
France	2	3	5	10
Switzerland	6	0	2	8
Sweden	4	2	2	8
China	4	1	1	6
Netherlands	3	1	2	6
Czech Republic	2	0	3	5
Poland	0	3	1	4
Italy	0	1	3	4
Slovakia	1	1	1	3
Japan	0	1	2	3
Australia	1	1	0	2
Latvia	0	2	0	2
Belarus	0	1	1	2
Croatia	0	1	1	2

On the web

- Up-to-date medal standings and results
- Complete day-by-day event schedule
- Vancouver managing editor Fernando Carneiro's daily column (metronews.ca/columns)
- Metro-Blenz News Squad on-the-ground blog

Visit metronews.ca for more Games coverage.

Dutch speedskater to apologize
Dutch speedskater Sven Kramer will apologize and give a small gift to an Olympic volunteer he pushed aside after he was disqualified from the 10,000-race he had been favoured to win. THE ASSOCIATED PRESS

Battle-hardened women ready

After much preparation, Canada looks to topple U.S. and capture gold

Ryan Hilderman and most of his Calgary Royals midget club will be watching Canada and the U.S. play for Olympic women's hockey gold today.

"I'll be glued to the TV," the Royals head coach said yesterday from Calgary.

That boys between the ages of 15 and 18 would be interested in women's hockey is at the centre of this game because they've played a major role in preparing the Canadian women to battle the Americans for gold.

Being prepared is one thing, execution is another.

But the Canadian women are a battle-hardened team.

In their 55-game schedule since August, 30 of them were against Alberta Midget Hockey League teams, who provided a level of competition comparable to the American women.

"All the games we've played has brought us to a position where we're down a goal, up a goal, we know how to play," captain Hayley Wickenheiser said.

ALEX LIVESEY/GETTY IMAGES

Canada's Hayley Wickenheiser, centre, handles the puck against Finland's Michelle Karvinen, right, and Jenni Hiirikoski during the women's semifinal game on Monday.

The women went 20-10 in that league, where games against Canada counted for points in their standings.

The U.S. women played some informal games against Minnesota high school boys teams, but were unable to get in as many games against males as Canada did.

In terms of preparation, the Canadian women have nothing eating at their confidence heading into today's final at Canada Hockey Place.

"You look back at everything we've done and we know we're ready for this game," defenceman Becky Kellar said.

"There's nothing I think we haven't done that we needed to do. We're ready. We're ready for this moment."

The Americans feel they are, too.

They have the confidence that comes from beating Canada in the last two games that really mattered in their sport, the finals of the 2008 and 2009 world championships.

THE CANADIAN PRESS

NATHAN DENETTE/THE CANADIAN PRESS

Canada's Alexandre Bilodeau bites his gold medal during a medal ceremony at the 2010 Vancouver Games on Feb. 15.

Bilodeau to donate $25K for cerebral palsy research

GIVING BACK Olympic freestyle skiing champion Alexandre Bilodeau calls older brother Frederic his source of inspiration.

Now, Bilodeau is doing his part to return the favour. The gold medallist in moguls announced yesterday he's donating $25,000 to the Canadian Association of Paediatric Health Centres in support of research into cerebral palsy.

For Bilodeau, the donation is a very personal one. Frederic was born with cerebral palsy and doctors said he would be in a wheelchair for life. But Frederic has proved them wrong, still walking and skiing at age 28.

Bilodeau's moguls teammate Jennifer Heil, who won silver in the women's event at the Vancouver Games, is also doing her part to give back, donating $25,000 to Because I Am A Girl. The foundation helps girls in underprivileged countries. THE CANADIAN PRESS

Rochette **Big day approaches**

ROBERT SKINNER/THE CANADIAN PRESS

Joannie Rochette of Canada practises for the women's figure skating free program yesterday in Vancouver. Rochette is in third place heading into today's free skate final.

Bernard to resume action today

CURLING Canada's Cheryl Bernard, who steamrolled the competition on her way to an 8-1 round-robin record at the Vancouver Games, will return to the ice today for a semifinal date with two-time Olympic silver medallist Mirjam Ott of Switzerland.

Martin

- Britain's David Murdoch lost a playoff tiebreaker to Sweden's Niklas Edin 7-6 yesterday. With the win, Edin moves on to face Canadian Kevin Martin in the tournament semifinal.

Just two measly wins away from an Olympic gold medal and a permanent place in Canadian Winter Games lore, members of Bernard's rink said they're trying to take things in stride. Coach Dennis Balderston feels confident in his team's game heading into the playoffs, despite the fact Bernard has been battling a cold. "They're shooting very well, they're in a very good comfort zone and they're not afraid to lose," he said. THE CANADIAN PRESS

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RateSupermarket.ca Canada's rate comparison website

Metro Homes

A 'side in the 'dale

Riverside, formerly known as the Queen Broadview Village, is a small neighbourhood located within the larger neighbourhood of Riverdale. According to the Riverside Business Improvement Area, its boundaries are the Don River to the west, Gerrard Street East to the north, Logan Avenue to the east and Eastern Avenue to the south. WIKIPEDIA.ORG

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

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ALL PHOTOS: RICK MCGINNIS/FOR METRO CANADA

A neighbouhood with a view

Riverdale
Spaces & Places

RAFAEL BRUSILOW
for Metro Canada

Great parks, unique shopping and an easy lifestyle are all a part of life in Riverdale.

Located east between the Don River and Leslieville, the neighbourhood attracts a variety of people looking for a community that offers plenty of personality and peace.

Known for its Victorian and Edwardian homes, most of which were built before the 1940s, ample green spaces and bohemian approach to life, Riverdale has undergone a rapid residential and demographic upheaval that has seen it become a truly thriving place to live and do business.

The architecture in Riverdale is quite striking as seen here with a common house at left and the Queen-Saulter Branch Library.

The mixed-income neighbourhood encompasses Riverside in the south, the Jones Pocket to the northeast, Toronto's second Chinatown at Broadview and Gerrard and sits on gently rolling hills sandwiched between Danforth Avenue and Queen Street East.

Many of the storefronts along Queen Street East and the Danforth still include the original façades and parts of the 2005 period film Cinderella Man were filmed along Riverside's stretch of Queen Street to take advantage of the unique look of the area.

The neighbourhood shares real estate with a slate of new condo developments scattered throughout the area raising Riverdale's business and social profiles.

The enormous parkland at Withrow Park to the east and Riverdale Park to the west match well with the many tree-lined streets in the area and provide residents with self-contained places to relax within the neighbourhood. A stroll west down a sidestreet or south along Broadview Avenue offers some of the best views of the city as well.

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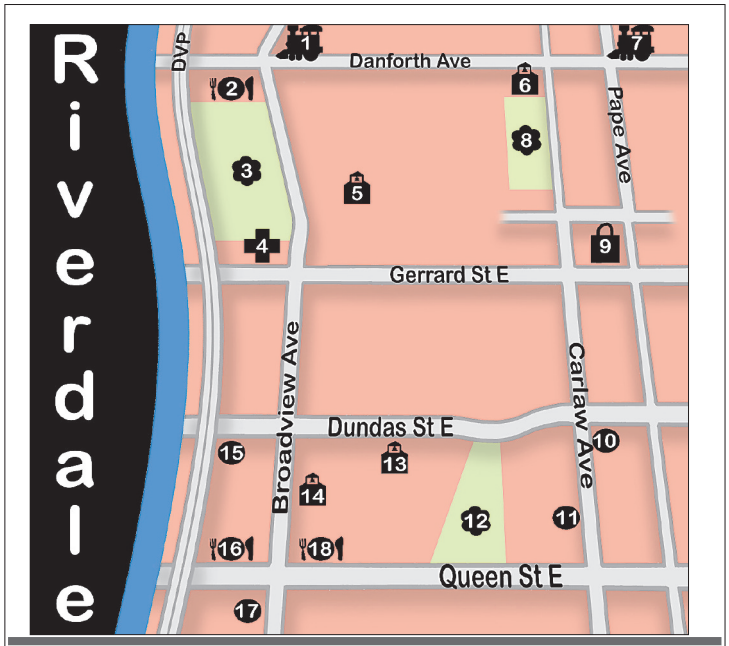
Monarch

The studio district
The southern part of South Riverdale, just north of the Port Lands, is what's called the Studio District. Carlaw and Queen has become an arts hub, with many artists choosing to run their studios from the various work-live lofts. WIKIPEDIA.ORG

The Lowdown

- **AVERAGE REAL ESTATE VALUE:** $521,216 (North Riverdale), $340,031 (South Riverdale); **RENT:** $962 (North Riverdale), $731 (South Riverdale)
- **SCHOOLS:** Withrow Ave. PS (25 Bain Ave.), Dundas Jr. PS (935 Dundas St. E.), Earl Grey Senior PS (100 Strathcona Ave.), Queen Alexandra Senior PS (181 Broadview Ave.), Holy Name Catholic School (690 Carlaw Ave.)
- **CONDO DEVELOPMENTS:** Rivertowne (Dundas & Broadview), Flatiron Lofts & Work Lofts (Dundas & Carlaw), The Printing Factory Lofts & Urban Towers (Carlaw & Queen), The Ninety (Queen & Broadview)
- **GROCERY:** Loblaws (720 Broadview Ave.), Food Basics (1000 Gerrard St. E.), No Frills (449 Carlaw Ave.), IGA (623 Danforth Ave.)
- **GETTING AROUND:** Subway stations at Broadview, Chester and Pape. Bus routes from Pape station to Union Station heading north-south and access to the Don Valley Parkway to the west.

RAFAEL BRUSILOW



Legend

- 1: Broadview Station
- 2: SI Espresso
- 3: Riverdale Park
- 4: Riverdale Hospital
- 5: Withrow Avenue Public School, 25 Bain Ave.
- 6: Holy Name 690 Carlaw Ave.
- 7: Pape Station
- 8: Withrow Park
- 9: Riverdale shopping centre
- 10: Flatiron Lofts & Work Lofts, Dundas and Carlaw
- 11: The printing Factory Loft + Urban Towers, Carlaw and Queen
- 12: Jimmy Simpson Park
- 13: Dundas Jr. Public School, 935 Dundas St. E.
- 14: Queen Alexandra Sr. Public School, 181 Broadview Ave.
- 15: Rivertowne (condo), Dundas + Broadview
- 16: Prohibition
- 17: The Ninety (condo), Queen and Broadview
- 18: Dangerous Dan's

RAFAEL BRUSILOW/FOR METRO CANADA

A bustling street in Riverdale with the CN Tower in the background.

What do you like about Riverdale?
-compiled by Rafael Brusilow

Ryan (withheld surname) age 32, lives in the area
A: "I came here from the Annex and I'm glad that this area is becoming more like a downtown neighbour hood."

Gordon Mowat age 28, lives in the area
A: "I like the people and atmosphere. For beers I like The Only Café and The Old Nick has a great brunch."

Jane L. Thompson age 47, lives in the area
A: "It's easy to get to public transit and it's great for an urban lifestyle. Maxi is a great store if you love clothes."

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RICK MCGINNIS/FOR METRO CANADA

The ceremonial gate recently added to one of Riverdale's Chinatown.

Rags to riches and safe from downtown

Riverdale
Spaces & Places

RICK MCGINNIS
for Metro Canada

RICK MCGINNIS/FOR METRO CANADA

The old Don Jail.

It's hard to imagine now that Riverdale was once considered worn out and tired, a real estate low light — but that was back in the '70s, and we got a lot of things wrong back then.

Today it's a virtual symbol of effortless gentrification, an area with history and housing stock and location galore, perched on the eastward edge of the Don Valley, where it gazes across the river and the highway at the towers of the city's downtown — part of Toronto, but comfortably apart from it.

The spine of the neighbourhood is Broadview Avenue as it runs from Queen East in the south to the Danforth in the north, a straightaway that turns into a sensuous curve north of Gerrard, just to the west of the area's best homes. It had a brief life as a town amidst fields and woods, holding Toronto at bay until it was incorporated into the growing metropolis in 1884, and finally pulled close to the city in 1918 when the Prince Edward Viaduct opened.

The landmark homes — a quaint Victorian cottage, a pair of gabled brick houses with pillared porches — both contemplate the city across the grassy bowl of Riverdale Park, a natural amphitheatre on the near side of the valley that makes a perfect spot to gaze at the faraway office towers over a canopy of trees. To be honest, Riverdale is too big to be just a single neighbourhood — south of Gerrard it's Riverside, where a reviving stretch of Queen just before Leslieville is one of the city's hottest neighbourhoods.

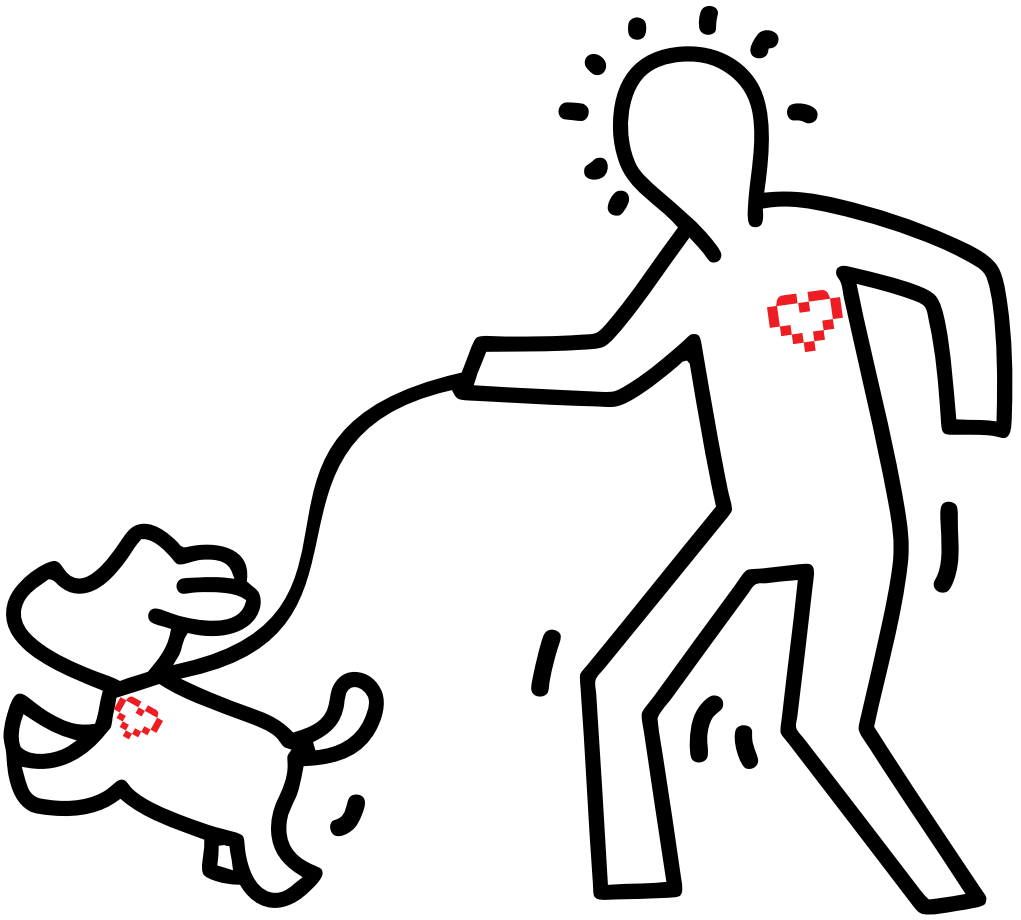
Down here the landmarks are a massive neoclassical bank turned fashion showroom, a grand library and community centre with its signature clock, and the red brick Romanesque bulk of Jilly's, the strip club that serves to remind everyone of the area's seedy past, and whose peaked tower is an official ceiling for condo towers. Locals dream of the day when Jilly's moves on and something more fitting — a Gladstone-esque boutique hotel, perhaps — can move in, but until that day comes, all they can do is dream.

Tucked between the two is Toronto's other Chinatown, a few blocks clustered around Gerrard East and Broadview, which recently added a looming ceremonial gate just across the street from the old Don Jail.

For shoppers, there's the Danforth's Greektown to the north, the usual infiltration of cafés, independent and otherwise (try Si Espresso on Broadview near the Danforth) and an embarrassment of shopping options on Queen East in Riverside — including Carbon Computing, a Mac-only computer shop that tells you all you need about the nearby demographic.

Dining on the River

- Embrujo Flamenco is just near the Viaduct, dim sum at Gerrard, and everything from low (Dangerous Dan's for burgers) to high (Table 17 and Pic Nic in Riverside,) and don't forget The Real Jerk kitty corner from Jilly's — the place that probably did the heavy lifting introducing the rest of Toronto to the joys of Caribbean cuisine.



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For kids ... who won't sit still, the spacious Globe Chair has the right amount of room squirm or share. Urban Barn, $1,041, urbanbarn.com. JENNIFER BILL/FOR METRO CANADA

Educate the kids about what went into crafting this Tin Man Coaster Set, made from recycled tin cans by local artisans in Northern India. Urban Barn, $16 set of five, urbanbarn.com.

Homes in **Style**

Family time in the **family room**

JENNIFER BILL
for Metro Canada

Having kids doesn't mean having to abandon design.

Style can still play a pre-eminent role in rooms that nurture overall well-being, familial love and creativity. Create a space that doubles as an enhanced place of learning — decorate with retro-style games such as a chess board to engage kids in active play, integrate a chalkboard so little ones can write, or place stylish items that double as educational tools, such as an antique globe or recycled knickknacks.

Incorporate ample storage so the room doesn't become a circus and tripping zone.

"Selecting storage units in a finish that coordinates with other pieces in the room helps to create a cohesive aesthetic and is functional," Celia Tejada, senior vice president, product design and development for Pottery Barn said. "Populating the storage units with baskets in various sizes paired with colourful liners provides a clean look plus the pop of colour kids love."

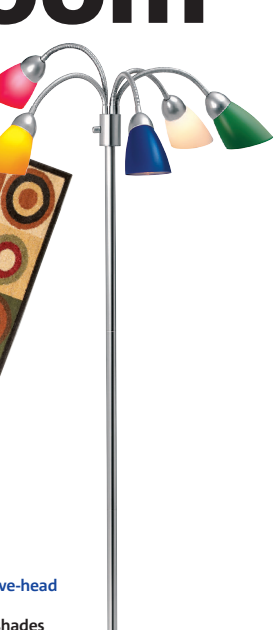
Store toys and books low so kids won't feel the urge to climb and they can put everything away too. A storage ottoman is a versatile piece for kids to climb on, guests to sit, for Dad to put his feet, and a place to keep toys and books.

"Use a kid's craft table as a coffee table. Mini-versions of adult furniture are also great for kid-friendly family rooms," said Tejada. "Kids love seats that are just their size, low to the ground and easy for them move around."

This HC Fabric Bench is made of micro-suede fabric with espresso finish legs and removable top cushion to store toys and games. Canadian Tire, $109.99, canadiantire.ca.

This contemporary 5x8-foot jacquard-woven Home Collections Orbit Rug, made of 100 per cent olefin pile, evokes memories of hopscotch and Jacks and makes curling up on the floor fun. Canadian Tire, $129.99, canadiantire.ca.

The kid-sized Hybrid Anywhere Chair Collection offers a wide range of fabric options, plus embroidered personalization, so kids can create a chair that's unmistakably theirs. Anywhere Recycled Beanbags at left. Pottery Barn Kids, both $115-$139, potterybarnkids.com.



This 66-inch Medusa five-head Floor Lamp has five multicoloured plastic shades with gooseneck bendable arms in a silver-tone painted finish. Canadian Tire, $49.99, canadiantire.ca.

Streamlined forms and a vast array of components allow parents and kids to organize it all with the Cameron Creativity Storage System with Art Cubbies. Pottery Barn Kids, $1,659, potterybarnkids.com.

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More Pop Art inspiration?
This product image released by French Bull shows a lively Mosaic patterned runner which can be used as table or wall decor. THE ASSOCIATED PRESS

Pop Art renaissance in decor

Texan collector and decorator Andrea Reed grew up in a home filled with Pop Art, but it was the film Tommy that really made a lasting impression.

In particular, a scene where Tommy's mother (played by Ann-Margret) sings "in an all-white room with a white ball chair. I was forever hooked," says Reed.

She and her husband have painted their own living room six times, plucking from the Pantone candy box of orange, blue and pinky-purple. Other parts of the house also have received the Pop Art treatment, including the kitchen, which has a rainbow on the pantry. With a white Fiberglas sofa, ball chair like Men in Black, and zingy graphics throughout the house, Reed's on top of a trend that swings in and out like a Solid Gold dancer.

With our continued interest in mid-century decor, it's no surprise to see Pop Art back for a visit.

Pop Art was a major mover in late 1960s and 1970s decor. The space race inspired futuristic furnishings, and designers were influenced by a generation experimenting with free-spirited ideas. Think of Roy Lichtenstein's blown-up comic book art; 2001: A Space Odyssey; Andy Warhol's Campbell's soup can. The style is characterized by emphatic colours, strong graphics and bold furniture.

ALL PHOTOS FROM THE CANADIAN PRESS

For a taste of Pop Art in your home consider covering a coffee table with comic book pages (bottom, by British decoupage artist Amelia Coward). Other options include Kenneth Wingard's powder coated steel wall art in two sizes, large far right, small near right. And you could always try painting in dramatic colours, such as the photo above.

There are many ways to add a bit of "pop" to your rooms with furniture, accent pieces and colour. Don't worry about kitsch; this is all about being fun and fresh.

CB2 has the Sol pendant lamp, a sleek white globe with a sunny yellow interior. Add Inmod's curvy Aarnio-style ball chair, Sputnik light fixture and a bigger-than-life wall graphic and you're well on your way to putting the word "mod" back in your vocabulary.

Design Toscano has a flirty, lip-shaped chair in red, and Innermost's Kapow pendant light is a groovy tangle of white spirals.

Dezignwithaz.com has wall decals in squares or circles that evoke 1970s style.

Or consider comic book art: It complements this decor well with intense hues and lively imagery. British decoupage artist Amelia Coward covers home accessories and chairs in comic book pages, and will do custom projects through her Bombus studio. Surfaceview, also in the United Kingdom, will ship a ready-to-frame or ready-framed repro art panel from a vintage comic; Silver Surfer, The Hulk and romance comics are striking. Add a playful element to adult spaces with Roommates' giant Iron Man decal, or a mural composed of dozens of Marvel comic book covers.

Two's Company launched a fun collection of Pop Art accessories this summer. They include comic-book words like "Pow!" and "Wham!" printed on trinket boxes and frames.

Design studio French Bull, known for melamine dishware and co-ordinating linens in contemporary patterns, has several with a touch of Pop, including Ring, Mosaic and Pink Paisley. They've also got a new line of porcelain mugs printed with kicky Pop-Arty astrological motifs.

With shag rugs, hip modern furniture, shots of black and white to punch up the bright hues, and an array of audacious graphics, the groove is right on. So let your inner Austin Powers loose in a room or two this fall. THE ASSOCIATED PRESS

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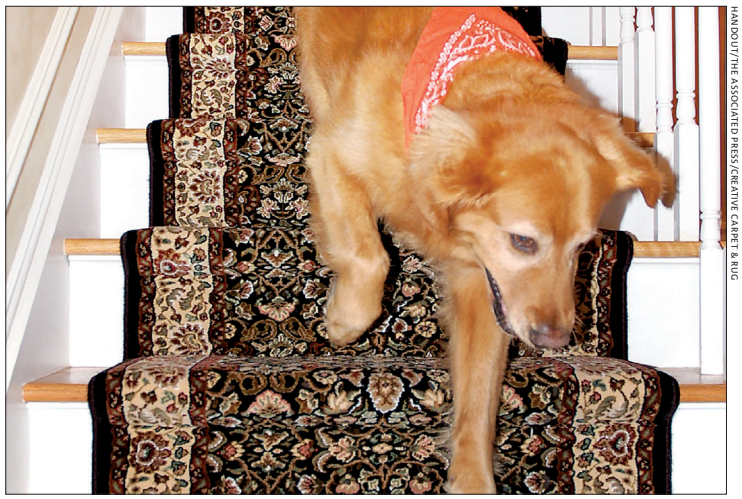


HANDOUT/THE ASSOCIATED PRESS/CREATIVE CARPET & RUG

This Creative Carpet & Rug photo shows one of their stair runner installations being used by a family dog.

Runners can add style and safety to staircases

You walk up them, you walk down them, perhaps countless times a day. When you look down, though, do you see any sign of your personal style?

Staircases, once decorated with detailed, elaborate runners in the Victorian era, have been forgotten in many homes, or at least bumped down on the decorating to-do list.

"Stairs are ignored. Period," says Genevieve Gorder, host of HGTV's Dear Genevieve.

"People think of stairs and hallways as strictly utilitarian — a place to get somewhere else," she says. "But they are some of the most beautiful places to decorate."

First Impression

Adding a runner to a staircase in the front of the house can help make a good first impression, especially because entryways often don't have the space to feature fabric-covered furniture or windows.

A runner can add colour, texture and pattern to a space. And the carpeting can cut down on noise and provide a safer walking- — or in the case of kids, running- — surface.

"People want a more finished feeling, but they forget the stairway," says Christopher Lowell, host of Fine Living Network's Work That Room. "An upholstered staircase can give them that feeling."

Simple vs. Traditional

The traditional oriental style is a runner mainstay, offering lots of colours around which to decorate.

"They're somewhat timeless and classic, and a lot of times they're not going to tie you to a particular trend," says Eileen Hunyadi, who owns stair runner store in the U.S. "Traditional styles can be around for quite a long time and you can work other things in without being stuck in a time warp."

Bye, Bye, Wall-to-Wall

Since hardwood floors have made a comeback over the past few decades, many homeowners are shopping for runners because they've either ripped out wall-to-wall stair carpeting or have moved into new homes with all hardwood floors.

Homeowners also want runners to combat stairwell echoes, or for safety.

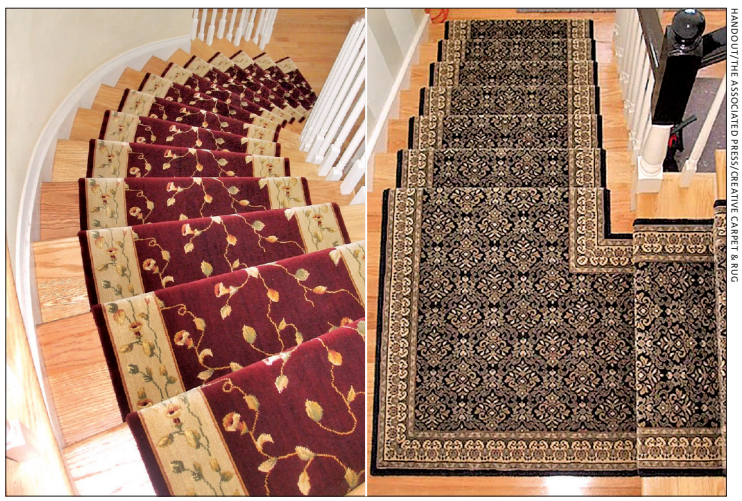
"We have people who have fallen down the stairs, and we also have people who have dogs who have fallen down the stairs," Hunyadi says. "A hardwood stair is certainly more slippery than something with carpet on it."

Making It Work

Hunyadi advises co-ordinating a runner with the colours and style of the home's main floor, not the upstairs.

"The lower part of the house is really where you're going to view the stair runner," she says.

THE ASSOCIATED PRESS



HANDOUT/THE ASSOCIATED PRESS/CREATIVE CARPET & RUG

This Creative Carpet & Rug photo shows how the stairs look after stair runner installation.

Seen here is a shot from the Oke Woods model suite.

Traditional and rich, yet simple and fresh

Suite Talk

RAFAEL BRUSILOW
for Metro Canada

Neutral doesn't have to mean unexciting when it comes to design, as long as you keep things fresh.

The model home at Oke Woods in South Courtice, just east of Oshawa, reveals how sticking to a colour palette can really infuse a space with personality.

Lisa Labriola, interior designer for Design Ease, went for a neutral look in the model home that is simple, punchy and eye-catching.

"I try to remain somewhat neutral in my colour selections — I don't want too many of the applications to be too boisterous. I like simple lines and simple colours," Labriola said.

In the kitchen, dark wood cabinetry meshes with crème tones to provide a sense of balance and warmth that Labriola says is inspired by Tuscan designs.

Luxurious colours and textures in the living room mixed with simple lines and striking contrasts create a sophisticated look that still maintains a down-to-earth comfort that gives the space its family atmosphere.

"The model as a whole does have a lot of rich aspects to it and a neutral palette but it is inspired by the thought of a young family. The whole look is supposed to be very fresh and young with a contemporary flair. I like to keep a neutral base with furniture that is simple but rich-looking," Labriola said.

Dark wood flooring is contrasted in the living area with the soft, off-white furniture to give depth to the space and maintain a sense of warmth from room to room.

"I kept the entire feel of the model in warm tones, with light furniture to contrast with the dark flooring because the house is so open. You don't want to overkill any colour — if you have white cabinets you don't want to have white sofas," Labriola said.

It's all about mixing a traditional feel with a contemporary look, from the almost polka-dot like pattern on the window curtains matching the darker tones of the wood-and-glass coffee table to the rounded, antique-styled lamps flanking the squared-off lines of the rug and couches.

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- Halminenhomes.com
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Another shot from the Oke Woods model suite.

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Slow drains could lead to slow problems
In the bathroom, pay attention to slow drains and take preemptive action, rather than waiting until you've got potentially disastrous flooding. SYLVIA PUTZ/FOR METRO CANADA

Batten down the bathroom

HomeScape

Tiling the entire shower enclosure may require you to scrub the grout every so often, left, but it will prevent the wall behind from rotting.

A bathroom is a place where dampness and wetness rule. Water often creeps out underneath or around a shower curtain, leaving a puddle on the floor. Wet footprints leave damp marks. The air is frequently steamy, leaving moisture on every surface. Damp towels hang limply. The vanity counter is left awash very morning. The resulting slow drip-drip every day leads to the eventual deterioration of finishes, and can affect structural elements like floors or walls if left over time.

And in a much more dramatic fashion, fixtures can overflow. A bathroom is a place that experiences every once in a while that most unpleasant of occurrences — the flooded toilet. The bathtub may also overflow, as can the sink or any other fixture that uses water, leaving you with potentially expensive repairs to make.

Yes, a bathroom must be built to handle water, like a sea-worthy vessel. When finishing or refinishing, it's important to seal up the space properly, and then keep it well maintained.

Waterproofing the bathroom

- Ceramic or porcelain tiles with protective glazing or waterproofing are an excellent choice for a bathroom floor.
- Use tile mouldings (avoid wood or pressboard) or run tiles partially up the wall, and pay special attention to sealing the juncture between wall and floor.
- Do yourself a favour and tile the entire shower enclosure, including the ceiling, or use a one-piece surround.
- Make sure you've got secure seals between fixtures (toilet, sink, shower enclosure or bath) and the wall or floor, and in any other place that could leak.
- Invest in an effective method for closing off the shower area while in use. Vinyl shower curtains may be effective for conscientious adults, but a door system may be better for busy families.
- Use a backsplash behind the sink and seal any joints that could allow water to penetrate.

Sylvia Putz is a journalist with an interest in decor and design. She's written for the TV show Arresting Design; sputz@arrestingdesign.com.

Maintainence

- Frequently inspect plumbing, and in particular, check the supply line to the toilet and the base of the toilet for signs of dampness or dripping, and take action promptly, if needed. Inspect the flushing mechanism in the tank often, and replace parts that have become worn.
- Check plumbing under the sink for signs of wetness or dripping, and fix any problems.
- Be on the lookout for stains in ceilings or walls, or musty smells. It may indicate leaking from pipes buried behind walls.
- Frequently inspect grout and seals for signs of failure, such as cracking or chipping, and repair potential leak sites promptly.
- Use an effective exhaust fan to remove dampness from the air.
- Wipe up puddles promptly, and consider wiping or using a squeegee to remove excess water from shower walls.

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Monarch

Condominium renos becoming a hot trend

RooftopSurfing

Working at the Destination Renovation Booth at the National Home Show last weekend, I was struck by how many people came by looking for a professional contractor to renovate their condominium.

We make the assumption that renovation is all about ground housing but when you think about it, every condo has a kitchen and an en-suite — the renovation mainstays — and condos get dated too. The first condo buildings in the GTA were built more than forty years ago in the late 1960s.

Of course the logistics of condominium renovations are much different than with low-rise housing. The contractor can't just drop a bin in the driveway and start ripping out the kitchen. The trades can't zip outside to cut trim or tile. There are elevators to deal with, other residents to consider, and condo by-laws and boards to contend with.

Condominium owners are required to obtain written permission from the condominium board to renovate their suite. Owners who commission unapproved work could find themselves forced to return everything to its original state at their own expense.

As co-owners of the property, your neighbours have a right to the "quiet enjoyment" of their unit. And when it comes to condo renovation, tidiness and timeliness are critical. No one ever wants to see a renovation dragged out longer than required but adhering to a proper schedule is even more crucial when it comes to condominiums.

Selecting a professional contractor to help you navigate the ins and outs of condo renovation is a must. BILDs professional renovators have agreed to abide by our RenoMark Code of Conduct as well as our general Code of Ethics. Many of our contractors specialize in condominium renovations and you can find them by visiting renomark.ca, selecting Greater Toronto Area, then searching on general renovation contractors and checking "condominium." You'll end up with a targeted list of contractors with links to each of their websites for further exploration.

This weekend only, you can discuss your condominium renovation questions one-on-one with any of the professional renovation contractors staffing Destination Renovation (Booth 2523) at the National Home Show (nationalhomeshow.com), on through Sunday Feb. 28 at the Direct Energy Centre, Exhibition Place.

Stephen Dupuis is president and CEO of the Building Industry and Land Development Association (BILD). He can be reached at president@bildgta.ca.

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Got a question on home ownership
If your buying a home or a condo and have a question or an issue, ask Metro's Legal Matters columnist Jeff Cowan at jeff@cownalaw.ca

Potential problems behind a sale

Q We are in the process of purchasing a new home and had signed the Agreement of Purchase and Sale back in November with a closing date coming up later in February. Our real estate agent supplied the Agreement to our lawyer in January and almost immediately, our lawyer phoned us and stated that the requisition date had been missed (it was back in November) and this could pose a potential problem. What is this date and why is it important?

A The requisition date is a formally chosen and stated date in the contract that sets out the day on which the lawyer must perform their due diligence on the property to make sure that the title to the property is clear, that the present owners are free of any judgments and there are no liens or encumbrances (a mortgage is an encumbrance) that cannot be removed from the title.

This date is usually set a couple of weeks from the final closing date. In the normal course of events, your lawyer would most likely uncover an existing mortgage registered against the title of the property but most likely not see anything else out of the ordinary.

However, this requisition period is the time in which your lawyer may uncover other problems with the title to the property such as a construction lien (which must be removed before the transfer) or potential judgments against the owner(s). I have personally discovered in this 'homework phase' that the vendor had an outstanding civil judgment filed against them with the Sheriff, which was greater than the value of the property they were selling. This lead to the entire transaction being cancelled because the vendor couldn't provide valid and clear title to the property.

The problem with your situation is that if your lawyer proceeds to do their due diligence on the property and they find a problem, if they have missed the requisition date through no fault of your own or theirs, the vendor may be in a position to back out of the transaction and claim the agreement null and void as they are unable or unwilling to rectify the problem that was not addressed in the appropriate time frame.

Let's hope your lawyer doesn't uncover any problems as to the title of the property after the missed requisition date because then you are dealing with a whole different can of worms.

Jeffrey Cowan is the principal with Cowan Taylor and McGee, Barristers & Solicitors. The information in this article should not be relied upon as legal advice.

Start spring with a reno

Every spring, green is what we start noticing on the landscape outside our homes.

But it's also what we can see inside the house, reducing its energy consumption and increasing its energy efficiency. After a long winter of high energy bills, this spring there is an opportunity to increase the energy efficiency right in your own home.

A simple project, like reinsulating your attic, can help you save on your monthly heating and cooling bills and reduce the amount of greenhouse gas emissions every year, year after year.

"Attics are the primary source of energy inefficiency in a home. Since over 7 million attics in Canada are underinsulated, there is an opportunity to reduce energy consumption across the country," says David Flood, insulation expert at Owens Corning.

"Reinsulating your attic is a great way to reduce energy consumption and help Canadians become more conscious of the small changes that impact the bigger environmental picture."

Here is how you can start your energy efficient reno today:

• Measure the amount of existing insulation in your attic. Make sure it meets the recommended standard of R-50.

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• Take advantage of government saving incentives to help cover your home renovation costs, including materials and contractor services, for your attic insulation upgrade.

Reinsulating your attic will not only help reduce energy consumption, but the government savings will also make your home renovation more affordable.

NEWS CANADA PHOTO

Spring is the time of renewal and perhaps, renovation.

NEWS CANADA

Burberry goes 3-D
As part of Burberry's marketing plan, the London Fashion Week show was streamed live in 3-D to special venues in big cities, such as Los Angeles. Also, Internet customers could view the show online and make instant purchases. THE ASSOCIATED PRESS

Style

Armani for a good cause

Giorgio Armani's (left) designs helped raise more than $1.5 million for Haiti last week, according femalefirst.co.uk. The Italian designer provided a number of outfits for the Fashion For Relief show at London's Somerset House. Stars including Kate Moss, Naomi Campbell and Geri Halliwell strutted their stuff on the runway wearing outfits by Armani, the late Alexander McQueen, Vivienne Westwood and Dolce and Gabbana to help the earthquake-stricken nation.
METRO NEWS SERVICE

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

The best of London

Outerwear rules, bold prints make a statement and plus size-models re-surface

Right: Canadian designer Mark Fast once again cast fleshier bodies alongside thin ones in his recent London Fashion Week show.

MARK FAST

KENYA HUNT
Metro World News

Unique

The crazy cool show for Topshop's experimental line was part Where the Wild Things Are with models wearing fuzzy eyebrows, deer antlers and furry animal ears, and part uniform dressing with army green looks and shearling aviator-style jackets. The best part about the collection was the outerwear: a shearling, hooded, navy coat, for example, felt timelessly eccentric.

Mark Fast

So much for all the hoopla about plus-size models. As of now, Mark Fast seems to be the only designer who is using them in any meaningful way, rather than just relegating curvy girls to trend-of-the-month status.

The Canadian once again cast fleshier bodies alongside thin ones in his show. The body types were diverse in an organic way. And the clothes?

His trademark body-hugging cobwebby knits were there. But this time he also incorporated draping inspired by the Art Deco period and shapes that moved away from the body. While Fast deserves many cool points for making samples in a variety of sizes, he should have spent some time thinking about the undergarment problem. The visible panty lines on some models were distracting. And no woman, of any size, wants those.

Mary Katrantzou

The designer has earned a cult-following for her trademark use of bold digital prints on figure-flattering dresses. But like many designers who create a strong, singular look, she was in danger of becoming a one-trick pony. She evolved her dresses to include more asymetrical silhouettes, transparency, tiered ruffles and shiny embellishments.

Matthew Williamson

Change is good. Fashion's favorite nomad is evolving out of the luxe boho globetrotter look that he's become so famous for (because one can only churn out but so many interpretations of a flowy, ethnic inspired dress). This collection was all civilized tweeds, ruffles and prim trouser suits. He didn't abandon his formula completely, though. The bright, jewel toned color palette and fun, festive party dresses at the end of the show were all quintessential Williamson.

MARY KATRANTZOU

GETTY PHOTOS

MATTHEW WILLIAMSON

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Twiggy criticises fur use

Twiggy has criticised designers for continuing to use real fur at London Fashion Week, reports The Daily Mail. The model said she was disappointed in designers that persisted in using fur from animals kept in 'terrible and inhumane conditions.' METRO NEWS SERVICES

Bling ski helmets

Dareece Saca, a statuesque former computer programmer with a long blond ponytail, grew up skiing without ever wearing a helmet.

She joked to a friend, "I'll never wear a helmet unless it's crystallized like a Judith Leiber bag."

When she started skiing in the Lake Tahoe area with a helmet covered in sparkling crystals attached one-by-one by hand, people kept stopping her to compliment her, and soon her business Ice Couture was born.

Ice Couture's crystal-covered helmets will be sold in time for next season, with prices ranging from around $200 for simpler designs to up to $2,000 for Swarovski crystal helmets. The bling designs include pink camouflage and a skull and crossbones.

"Skiing is becoming more fashionable," she said. "Everyone has designer goggles. Especially for kids, you want them to want to wear their helmets. If you get attention for wearing a helmet, it's fun for them. It's an accessory."

Besides stepping up safety features, mainstream helmet makers are coming up with high-tech lighter options, snugger fits, unique designs to fit customers' personal style, and a better fit with goggles to encourage riders to wear their helmets instead of leaving them in the car.

Helmets with polycarbonate shells can shave weight and bulk.

Makers have tinkered with ways to offer a better fit. Some include fleeces of various thicknesses to wear underneath. Some POC helmets have a knob to turn to tighten them.

Makers have tinkered with ways to offer a better fit. Some include fleeces of various thicknesses to wear underneath. Some POC helmets have a knob to turn to tighten them.

Helmet covers that make the hard shells look more like stuffed animals are also still selling.

THE ASSOCIATED PRESS

ED ANDRIESKI/THE ASSOCIATED PRESS

Dareece Saca of Ice Couture from Sacramento, Calif., with her sequin and fur helmets at the SIA Snow Show in Denver.

More Stella for Gap

Gap will unveil its second Stella McCartney for GapKids and babyGap collection for spring/summer 2010 next month.

The collection is meant to capture the essence of a perfect childhood summer wardrobe with paired-down essentials as well as playful, distinctive pieces.

Expect to see nautical influences with stripes and indigo shades as well as bright, block colours and pop prints.

For girls, the collection features the "Lily" eyelet drop-waist dress and soft-pink "Anna" ruffle blouse.

For boys, key pieces include a striped voile collar-less shirt and white roll-up shorts.

For babies, the must-have is a grey linen collared romper suit or cotton smocked blouse with matching bloomer.

Other notables include: For babies, the "Moses" merino onesie in navy and cream sailor stripes. For girls, the "Bea" navy cotton ruffle blouse worn with a cream skinny jean. For boys, the "Beckett" summer jacket in a mix-matched blue and white stripe and table-cloth check.

An oversized anchor motif offers a signature Stella touch, printed on sweaters for babies and boys and on a girl's knitted cotton sleeveless dress.

The Stella McCartney for GapKids and babyGap collections will be available at stores in the Toronto Eaton Centre, Yorkdale, Sherway Gardens Bayview Village and on Bloor Street.

METRO NEWS SERVICES

Stella McCartney's GapKids spring line hits stores March 23

Left: Stella McCartney for GapKids bea top, $54, and skinny zip jeans, $68.

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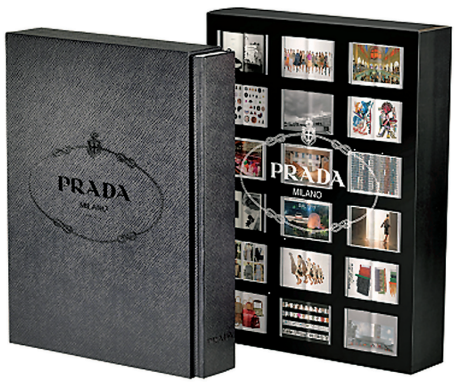

A look at Prada up close

BOOK Spanning three decades and totalling 704-pages, it's safe to say Prada is the new bible of the fashion industry.

It is the first book to chronicle the world's most influential fashion and design company.

It documents fashion, architecture, film and art by the Prada company, including the work of the design studio and the workshop; extensive creative partnerships with photographers, designers, architects,and film directors; and large-scale architectural commissions, the Fondazione Prada, and the development of a new museum.

It also features photo-essays by renowned photographers Brigitte Lacombe and Albert Watson, an overview of all Miuccia Prada's collections with thumbnail pictures of 3,885 different "looks" and collages of the most influential shoe and bags.

The book, which hit shelves just this month, is available at Chapters and Indigo stores across the country and online at chapters.indigo.ca for $162.50. METRO NEWS SERVICE

Tarnishing be gone!

Tips to revive your old baubles

DENISE SURETTE
for Metro Canada

JEWELRY Repairing tarnished jewelry is often a chore that gets overlooked, but to bring your jewelry back to its former glory isn't hard, you just need the right tools.

Claude Abitan, from The Beadery in Toronto, says the best way to clean up your old jewelry is by using a cloth made specifically for gold and silver, and not bother with chemicals and cleaners.

"Each time when you where something take the cloth and wipe them down," says Abitan. "Perfume can cause tarnish."

The cloth can be found at jewelry and department stores for less than $10. There are various brand names to choose from, but make sure you buy one that is made from soft flannel and contains polishing ingredients and tarnish retardants built into the cloth.

Abitan says the best way to care for your jewelry is by preventing tarnishing with an easy solution – an anti-tarnish strip. It is a piece of paper that sits in your jewelry box for six months before it needs to be replaced.

"The air makes jewelry dull," says Abitan.

The strip absorbs components from the air that cause tarnishing. The strips, made by 3M, called Tarnishield, can be bought at music and department stores for less than $3.

The best way to clean up old jewelry is to use a cloth made specifically for gold and silver.

Front row **Celeb crowd watching**

DANIEL M. BENJAMIN/GETTY IMAGES

Left to right: Mary-Kate Olsen, Kate Hudson, Kristen Stewart, Claire Danes, and Mia Wasikowska attend the Burberry Prorsum LFW Autumn/Winter 2010 Women's wear show in London, England on Tuesday as part of London Fashion Week.

English aristocrat

Smith's upper-class glamour at Fashion Week

English style ambassador Paul Smith put the classy into upper-class this week, unveiling an autumn-winter collection that evoked country houses, outdoor pursuits and just a touch of urban decadence.

Tweed caps, riding capes and chunky woolens were all on display at Smith's show, one of the big draws of London Fashion Week, alongside svelte dresses and statement coats.

"It's very much about the English aristocracy, and the naughty daughter who likes to sneak off to London and go to rock concerts," Smith told The Associated Press backstage at the show, held amid the old-school elegance of central London's Claridge's Hotel.

Smith — best known for classic menswear with a cheeky twist and accessories with his signature multicolored stripes — offered a womenswear collection that gave traditional fabrics a retro-chic twist and mixed earthy tones, black and grey with bold splashes of colour.

The designer said the theme of the show was "the naughty debutante." Pieces ranged from slim-line elegance — a long scarlet coat with martial gold buttons, a sleek little black dress — to playful thrift-shop retro. There was a multicolored crochet dress, pink knitwear with a vintage feel, and A-line dresses reminiscent of the 1950s — one in lavender, another black with poppy red, worn with cropped cardigans.

"I'm a British designer," said Smith, who was knighted by Queen Elizabeth II in 2000 for his contribution to the nation's fashion industry. "It's got a lot of the English countryside about it, but in a very modern way."

THE ASSOCIATED PRESS

Designer Paul Smith showcased a glamourous collection he dubbed "the naughty debutante" this week at London Fashion Week.

PHOTOS BY THE ASSOCIATED PRESS

Easy shoes travels

Planning a trip? Take your shoes from closet to suitcase to closet in style with sacsies ($20). The storage bags are made with quilted lining so that shoes are cushioned in your suitcase. Available at sacsies.com. METRO NEWS SERVICES

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Bowties for both

Neckties return reinvented and more playful than ever

JENNIFER BILL
for Metro Canada

Move over skinny ties — bow ties are competing for collars with a vengeance.

Once reserved for the eccentric and debonair types, dullish professors and politicians, and the pocket-protector crowd, the nostalgic necktie has changed pace, landing on runways, in celebrity closets and under the chins of hipsters and trendsetters.

Bow ties have claimed their spot in mainstream fashion as the must-have accessory for casual cool. Pair it with jeans, an Oxford shirt and confidence, and you have instant chic.

"From fast retail like H&M and Zara and every designer collection that just walked in Milan, men are back to bow ties and they are being a lot more playful with them," said Toronto designer Christopher Sherman. "I think bow ties define this new fearlessness that is happening in men."

Sherman, whose custom bow tie label was picked up for Holt Renfrew's Pop-Up shop, said the surge is evident in the growth of his online store, christophershermanbowties.com.

A bow tie is an instant exclamation point for men unafraid to make a fashion statement.

"There's been a lot of stereotypes with a bow tie and I think one of the ones is that nerds wear them, but you look at what we're doing fashion-wise … if you look at what a hipster is, the Queen West hipster, it's an evolution of that nerd aesthetic," said Sherman, who is also a producer at Fashion Television. "I spent a lot of time watching those hipsters for inspiration."

Most commonly made of silk, cotton or polyester, bow ties are emerging in such unexpected fabrics as wool, twill, madras, matte, seersucker and jacquard, in bright colors and edgy patterns.

"I think that if a man is to buy one bow tie in his life then its classic silk or satin black," Sherman, 26, said. "But I think right now trend-wise we are looking at things that are embellished, studded — dog-studs, pyramid studs — deep in detail. Bow ties used to be for formal attire or the higher class but now … there is no limit. I think the thing with bowties to remember … there are never any rules."

TORSTAR NEWS SERVICE

Canadian menswear designer Philip Sparks used silk bowties as part of his fall 2009 collection.

Women are also adorning their necks with the fashionable fabric, seen on several runways — Lanvin received applause for showing large bow ties anchoring black cocktail dresses — on actor Diane Kruger and singer Rihanna, and in accessories such as bow tie shaped necklaces, belts and earrings.

"If you look at women's clothing, the boyfriend jeans are one thing, but women are wearing a lot of things that look like men's clothing. Cardigans, Oxford shirts, trousers, even right down to the feminization of men's shoes," said Sherman. "I think there are women who will always follow their own deed but as a trend (wearing bow ties) is very popular right now."

The designer said he sells at least a quarter of his bow ties to women.

Christopher Sherman ties, available at Holt Renfrew's Pop-Up shop.

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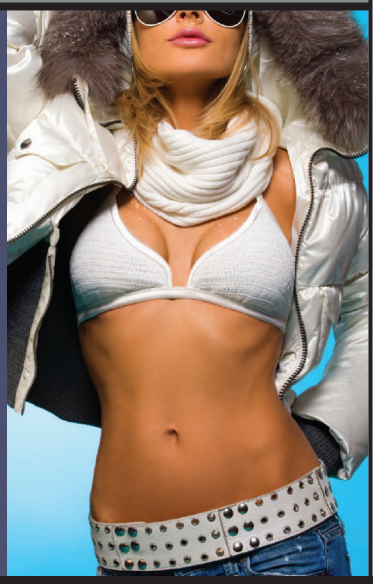

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Cotton, Reitmans ($70, reitmans.ca)

ADVICE Function is the new luxury. Hit your mark with a traditional, utilitarian topper in neutral shades such as beige, black or grey.

HOW TO WEAR IT Extremely versatile, the trench can be worn with a pair of jeans during the day or a fab party dress for that special night out.

CURVY

Cotton, Esprit ($160, 1-866-4-ESPRIT)

SLIM

Polyester, Snap ($130, manteaux.com)

TALL

Glossy cotton, MICHAEL Michael Kors ($295, 1-866-733-5677)

Editors' Pick

BRIGHT STAR

The best way to battle the winter blues? Add a dash of vibrant colour to your wardrobe. Yellow is the hue *du jour* — and with this leather jacket from Danier you'll stand out in a crowd with a shade so chic, it's *jaune* ($299, danier.com)

BORN FREE

New research suggests that running barefoot might be safer than wearing trainers. The reason? Many souped-up, over-cushioned shoes control where our feet land, so they make the foot's stabilizing muscles weaker, which can lead to injuries. Vibram's FiveFingers Bikila shoes (named after an Olympic marathon champ who ran sans sneakers) fit like a glove and simulate barefoot running. But if you prefer the protection of a conventional shoe, Brooks' new DNA model offers smart technology that adjusts the cushioning to your body weight and running style.

Brooks DNA shoe ($180, Brooks)

FiveFingers Bikila shoes ($105, Vibram)

"Mad" for couture handbags

Mad by Design, provider of wholesale couture handbags, offers a diversified selection of handbags that use top textiles such as eco-friendly bamboo, animal friendly leathers, and hand-woven taffeta silks. Visit mad-bags.com. METRO NEWS SERVICES

Vogue's Anna Wintour.

Wintour joins magazine hall of fame

Already considered one of the most powerful people in fashion, Vogue's Anna Wintour is headed to the Magazine Editors' Hall of Fame.

The American Society of Magazine Editors announced Monday that Wintour would be honoured at its annual gala in April.

"Throughout her career, Anna Wintour has exemplified the highest standards of taste, in both journalism and fashion," said Sid Holt, ASME's chief executive, in a statement. "She has defined style for a generation of magazine readers and come to epitomize the essential qualities of editorial leadership."

Vogue is the standard-bearer of the high-fashion glossy magazines; its 2009 average circulation was 1,269,640. Wintour was named editor-in-chief in 1988. She had earlier been Vogue's creative director as well as the top editor at British Vogue and House & Garden. THE ASSOCIATED PRESS

Other honorees

- Previous American Society of Magazine Editors honorees include Martha Stewart, Tina Brown, Helen Gurley Brown and Hugh Hefner.

How to launder 5 common fabrics

With everyone trying to stretch their dollars further these days, it makes sense to take care of the things we have, rather than buy replacements. This goes for clothing as much as anything else we own and use on a daily basis.

Different fabrics need caring for in different ways, and laundry labels don't always tell you enough about how to treat your clothes. Here's a list of tips on washing and caring for fabrics.

1) Acrylic: Machine wash warm using warm water, adding softener during the final rinse cycle. Machine dry using low temperature and remove promptly when dry. Static electricity can be reduced by using fabric softener in every third or fourth washing. If ironing is required, use moderately warm iron.

2) Cotton: Cotton can withstand high temperatures and any good detergent will do. Use chlorine bleach only on whites and color-safe bleach on dyed cottons. Cotton wrinkles easily and may require frequent pressing with a hot iron.

3) Denim: Cool machine wash 40 degree. Press while damp with a hot iron.

4) Linen: Any stains should be treated prior to washing. Some linen is washable, while others are dry clean only. Be sure to check the label. Washable household linen, handkerchiefs and apparel can be washed easily and become softer with use. White linens should be dried in the sun to keep their whiteness. Linen fabrics may need frequent pressing, unless treated for crease resistance.

5) Lycra: Hand or machine wash in lukewarm water. Never use chlorine bleach on any fabric containing Lycra. Either drip dry or machine dry using low-temperature settings.

TORSTAR NEWS SERVICE

Papa Voight loving time with daughter Angelina
Jon Voight recently raved to UsMagazine.com about his "holiday" with his daughter Angelina Jolie, her partner Brad Pitt and their six children. "It's nice to have something that's positive!" Voight, 71, told Us of getting together Sunday in Venice with his once-estranged daughter. USMAGAZINE.COM

Entertainment

Guest gigs
Jude Law, left, and Zack Galifianakis are on tap to host Saturday Night Live next month. Galifianakis will do the honours on March 6, and Jude Law will host March 13.
EW.COM

EDITOR: DEAN.LISK@METRONEWS.CA

Barber makes Believer out of you

Matthew **Barber**

Album: True Believer
Label: Outside
Rating: ⊕⊕⊕½

THERE'S NO REASON Matthew Barber shouldn't be getting the same kind of attention as Jason Collett or Joel Plaskett. The Toronto folk singer can write passionate Canadiana with the best of them and there's more proof of that on his new disc, True Believer. It's loaded with soft, acoustic numbers, but it's the more upbeat full band numbers where the artist really leaves his mark. Comeback Baby is an especially good listen, with it's subtle banjo, loud cymbal crashes and rootsy vocals.

Bryan Borzykowski/for Metro Canada

Toronto folk singer Matthew Barber's new album True Believer is right up there with the works of Canadian stalwarts such as Jason Collett and Joel Plaskett, Metro reviewer Bryan Borzykowski says.

Johnny **Cash**

Album: Album: American VI: Ain't No Grave
Label: American Recordings/ Lost Highway
Rating: ⊕⊕⊕⊕⊕

IT MAY BE TABOO to slight the work of a national icon posthumously yet country legend Johnny Cash's American series of albums provided diminishing returns. Strange covers with few interesting twists prevailed and in retrospect, only the first two truly bolster his extensive catalogue. Still, even those albums lack the passion, haunting aura and serenity of Ain't No Grave. Recorded after Cash had envisioned/reconciled his mortality, these 10 pseudo-religious, almost Gothic tracks glow with minimalist brilliance. Featuring his crumbling baritone supported by little more than guitar and piano, it's beautifully crushing — a bittersweet cap to an enviable, incredible career.

Keith Carman/for Metro Canada

Joey **McIntyre**

Album: Here We Go
Label: Universal
Rating: ⊕⊕½

IT'S HARD TO tell who Joey McIntyre is targeting with this EP. The New Kid On the Block sound a lot like Britney Spears and Lady Gaga here — not his voice, but the tunes could have found their way on any pop record. It's hard to see how his 30-something fans would enjoy these electro club tunes, even though the songs are better than anything on the last NKOTB disc.

Bryan Borzykowski/for Metro Canada

Lightspeed **Champion**

Album: Life is Sweet! Nice To Meet You
Label: Domino/Outside
Rating: ⊕⊕⊕

DEVONTE HYNES has come a long way since his days busting out aggressive noise pop. As Lightspeed Champion the U.K.-based artist deals with lush, layered sounds and heartfelt lyrics. His latest pushes him in further in that direction, to mixed results. Opener Dead Head Blues is a bland, dramatic Coldplay-like tune, but the quirky Queen-like piano track The Big Guns of Highsmith is one of the most interesting things he's done. Might be best to download the better tracks than buy the entire disc.

Bryan Borzykowski/for Metro Canada

Album**Reviews**

music@metronews.ca

Jenny **Whiteley**

Album: Forgive or Forget
Label: Black Hen
Rating: ⊕⊕⊕⊕

JENNY WHITELEY has one of the sweetest voices in Canadian alt-country and she's got two Juno awards to prove it. Steve Dawson is one of the best practitioners of guitar in the land. The Vancouver-based session man is also one of the respected roots/Americana producer's in the continent (which explains why U.S. performers like Kelly Joe Phelps keep coming north to record). When the two of them combine in the studio, they always seem to take each other's craft to new places. Whiteley takes a retro twang turn on songs like Cold Cold Kisses and Raining In My Heart. But she still maintains her own distinctive voice on haunting tacks like Truth and the Eyes of the Dead.

Graham Rockingham/ for Metro Canada

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Shout Out **Louds**

Album: Work
Label: Merge
Rating: ⊕⊕⊕½

STOCKHOLM'S SHOUT OUT LOUDS have always prided themselves on melancholy as much as they have melody. Album number three finds the five-piece returning with a batch of songs that are similar but even more earnest than 2007's Our Ill Wills. While they have finally determined their sound, the hooks are slightly less beguiling than the first two albums. Still, there's plenty of poetic lament here for any mope to partake in, and few do it better than Shout Out Louds. **Cam Lindsay/for Metro Canada**

SJP pays tribute to character with cologne

Sarah Jessica Parker's new scent is a "snapshot of Carrie Bradshaw." The Sex and the City actress — who plays Carrie in both the TV series and movies — says her latest fragrance, SJP NYC, was designed as a homage to a vision of her character. FEMALEFIRST.CO.UK

Ladies shine on American Idol

American Idol semifinalist Lilly Scott is right where she belongs.

The 20-year-old singer from Denver was among a handful of unique crooners who impressed the Fox singing contest's judges Tuesday.

The platinum-haired street musician played the guitar during her original take on The Beatles' Fixing a Hole during the ninth season's first semifinal round, which featured performances from the top 12 female semifinalists.

"You come from the heart," said Kara DioGuardi, wearing a blue dress almost the same shade as the Idol set.

Originality was key to dazzling the judges. Other standouts included earthy 24-year-old mother Crystal Bowersox from Toledo, Ohio, and quirky 19-year-old glass blower Siobhan Magnus from Marstons Mills, Mass. A subdued Magnus transformed Chris Isaak's Wicked Game while dreadlocked Bowersox pleased the panel with Alanis Morissette's Hand in My Pocket.

"I think we are lucky you decided to audition for Idol and be here," beamed Ellen DeGeneres.

The wisecracking talk show host, who took her place on the panel during Hollywood Week, was mostly serious during her first performance episode as judge, only unleashing a few barbs. Unlike previous episodes, DeGeneres was seated at the opposite end from Simon Cowell, a move that DeGeneres mocked was prompted by the "wandering hands" of the touchy judge.

"I think we are lucky you decided to audition for 'Idol' and be here."
Ellen Degeneres, to Crystal Bowersox

"I felt like it's safer over here," she teased.

Song selection, however, proved riskier on Tuesday's episode.

The judges were particularly turned off by the uninspired renditions of Fleetwood Mac's Landslide from spunky 24-year-old event co-ordinator Lacey Brown, of Amarillo, Texas, and Leona Lewis' Happy from intrepid 22-year-old college student Ashley Rodriguez from Chelsea, Mass.

"I think you're going backward," Cowell informed Rodriguez."

The judges were split on several singers, including twangy 16-year-old high school student Haeley Vaughn from Fort Collins, Colo. Randy Jackson praised the guitar-strumming Vaughn's "unpredictability" and DeGeneres told Vaughn "you just shine," but Cowell proclaimed that her version of The Beatles' I Want to Hold Your Hand was "verging on terrible."

"You're very pure," DioGuardi soothed a smiling Vaughn.

The top 12 male semifinalists — including last-minute semifinalist replacement 20-year-old college student Tim Urban from Duncanville, Texas — will take the stage for Wednesday's episode. The two female contestants and two male contestants with the lowest viewer votes are slated to be eliminated live Thursday.

THE CANADIAN PRESS

CHRIS PIZZELLO/THE ASSOCIATED PRESS

American Idol contestants Lilly Scott, right, Didi Benami, second from right, and Crystal Bowersox pose together before the American Idol Top 24 finalist party in West Hollywood, Calif.,

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Friend will miss Orpah after show

TV Oprah Winfrey fans who think of the daytime television queen as a friend aren't the only ones preparing for withdrawal when her show goes off the air next year. Winfrey's real best friend says it will be a loss for her, too.

"I said to Oprah, 'I'm having a hard time. I'm not ready,'" said Winfrey's BFF, Gayle King. "But, you know, I am ready for her. She makes the best decision for herself. I totally understand why she's doing it. That said, I can't imagine daytime TV without her."

As Winfrey makes plans to end her reign after 25 seasons, King is devoting more time to a different medium. She hosts on Oprah Radio on Sirius XM a daily show that was recently extended from one hour to two hours.

King likes to keep an open dialogue with her listeners on a variety of subjects ranging from international news to pop culture. Instead of heated debates, she takes a kinder, gentler approach while not shying away from disagreements.

"I don't believe you have to annoy people to get them to listen or for them to like you," she said. "I'm not sitting here trying to be liked ... but I do like to engage in conversation with other people, and I think it's OK to agree to disagree without being nasty to each other."

Radio isn't King's only gig. King also is editor-at-large for O magazine and occasionally appears on Winfrey's syndicated TV show, The Oprah Winfrey Show, which is produced in Chicago.

King has known Winfrey for more than 25 years, and they used to work together in TV news.

THE ASSOCIATED PRESS

GETTY IMAGES FILE PHOTO

Fans have been preparing for Oprah Winfrey withdrawl as the clock winds down on her successful daytime talk show.

Dion says 'non' to 2010 Games closer

SINGER For those fans waiting with bated breath to see Celine Dion make an appearance at the Olympic Games' closing ceremonies — well, your hearts will have to go on.

A publicist for the superstar confirmed to The Canadian Press on Tuesday that she would not appear at Sunday's Olympic festivities in Vancouver.

``She will not be there,'' wrote Dion spokesperson Kim Jakwerth in an email.

VANOC has said that Dion was invited to perform during the Olympic festivities but declined.

But just prior to the opening of the Games, Dion missed the Quebec premiere of her new movie, Celine: Through the Eyes of the World, because she was in a U.S. hospital trying to conceive a second child.

Without Dion, fans are left to speculate on which Canadian stars might appear during the closing bash.

GETTY IMAGES FILE PHOTO

Celine Dion will not appear for the 2010 Olympic closing ceremonies, her publicist confirmed.

The opening featured Sarah McLachlan, Nelly Furtado, Bryan Adams, Garou, k.d. lang and Loreena McKennitt.

An online poll conducted on People Magazine's website asked readers which Canadian pop starlet should see the stage during the festivities. Dion went up against Shania Twain, Avril Lavigne, Furtado and Alanis Morissette.

Twain was the winner, with a stunning 62 per cent of the vote.

The country music star has kept a low profile over the past few years and hasn't released a record of new material since 2002's Up.

While she's resurfaced lately — she appeared as a guest judge on ``American Idol'' and jogged the Olympic torch through her hometown of Timmins, Ont. — it would be an astonishing surprise to see her take the stage at B.C. Place on Sunday.

Twain's publicist declined to offer any information when reached Tuesday.

THE CANADIAN PRESS

Elena gets an uncle

David Anders will soon take up residence in Mystic Falls. The 28-year-old actor has been added to the cast of Vampire Diaries as Jonathan Gilbert, Elena and Jeremy's uncle, TVGuide.com has confirmed. METRO NEWS SERVICES

Shouting it out loud: Album wasn't all work

KATARINA MATSSON
Metro Sweden

After a three year break and long pause, Shout Out Louds are back.

When working on their new album Work they went into isolation in the woods outside Seattle enjoying wine-drenched lunches and local colour.

Their dream producer Phil Ek, who has previously worked with Fleet Foxes and Band of Horses, brought Shout Out Louds to the mekka of grunge and bearded rock — Seattle.

"Have you seen Deadliest Catch on Discovery, about those professional fishermen?" asks singer Adam Olenius.

"We used to hang out at their bar, it was covered with pictures of them."

In the woods outside town, among churches and waitresses serving coffee wearing bikinis, they recorded the new album.

"We wanted to isolate ourselves so we wouldn't be disturbed," says guitarist Carl von Arbin.

"The big event of the day was lunch that someone had been cooking for three hours. We ate and drank wine and then we were supposed to record again. But these lunches took a little to much time …"

"We weren't near finished when we left Seattle. So everyone panicked. But you need that to become more emotionally involved," says Olenius.

Check out Metro's CD reviews for more on Work

LINNEA SVENSSON ARBAB/METRO

Shout Out Louds: Adam Olenius, Carl von Arbin, Ted Malmros, Eric Edman and Bebban Stenborg.

Metro asks Shout Louds more about their recording experience.

Q Why have you called the album Work?

A Olenius: The title came quite late. It dawned on us that this is what we do, it's our work.

von Arbin: It also means 'make it work,' making this group of five people work together.

Q Yes, you took a long break before this album?

A Olenius: We took six months with no gigs, and one year of being in one and the same place. It was nice that everyone got a break from each other, so we could miss it a bit.

Q Normally, you spend a lot of time on the road, what is that like?

A von Arbin: Weird, but fun. It's a great feeling, that everything might happen, that it can turn into an adventure

Olenius: You end up in after parties at people's houses in cities you've never been in before. But it's not exactly Black Sabbath-things happening.

Q Where do you have most fun?

A von Arbin: Berlin is always fun.

When you're abroad you can let someone else decide and then people start competing about coming up with the coolest thing.

Q So, when will you make the next record?

A Olenius: We'll be touring all of this year and try to take some time off and then we'll start recording again next year, if there's time.

Awards shows are nice but Mo'Nique's heart belongs to comedy standup

COMEDY Mo'Nique won the Golden Globe. She also picked up a SAG Award. And don't forgot about her most recent honour this week at the BAFTA's. So easy money says the actress will be victorious at the Academy Awards next month. Right?

"No. No," says Mo'Nique.

"See, with any of the awards, I don't never feel like I got this, 'cause I think the universe would say, 'Really? So you that special that you already know?'

"So I'm appreciative of when they do call my name and I'm appreciative if they don't call my name," said Mo'Nique in an interview from Atlanta, where she was working on a comedy tour Spread the Love that kicks off March 19 in New Orleans.

The 42-year-old actress-comedian has had a breakthrough year because of her riveting portrayal as the abusive Mary Jones in Precious: Based on the Novel Push by Sapphire.

GETTY IMAGES

Mo'Nique starts her comedy touch next month in New Orleans.

She talks to The Associated Press about her recent honours and the comedy tour.

Q In the middle of this busy awards season, you're planning a comedy tour?

A Standup is my first baby. Like, I'll be doing stand up, sugar, when I'm like 97 years old. I hope to God I can still make it happen.

Q You've won so many awards. Will you take them on the road with you?

A (Laughs) Hell no! No, baby, that's too much.

Q There's been a lot of talk about you not showing up early on to promote Precious because you were worried about money.

A Well, when they say 'Mo'Nique was worried about money,' I wasn't worried about money.

Mo'Nique has a talk show that comes on five nights a week and she tapes six times a week for that talk show.

And yes, when I leave my home, I leave my home and get paid to leave my home, so I wasn't worried about money.

They simply said, you know, 'Well Mo'Nique we can't pay you to do that.' … We said, 'OK, baby. Well, then, that's not something we can do.'

Because, when I leave out, why ever would I go do something for free when I can go and do something and bring money back home to my family?

Q Has anyone, after watching the movie, come up to you and opened up about the past?

A It's been quite a few.

But one, it was this Asian brother at the DGA (Directors Guild of America) screening, and he came up to me and he had been crying, and he said, 'Mo'Nique, what I'm getting ready to say to you is gonna sound weird. But I am Mary Jones, and I was Mary Jones to my brother and my sister.'

And we hugged and we were crying, and I said, 'Congratulations for saying it out loud, and go get you some help.'

Q How does that make you feel?

A When you hear that you say, 'We've already won.'

So when people say, 'Mo'Nique, are you excited about the Oscars and are you excited about the (NAACP) Image awards, are you excited?'

I'm excited anytime somebody wants to say, 'You know what, we appreciate what you did.'

But when you get that, that's priceless.

THE ASSOCIATED PRESS

Aiken to speak on gay rights

ETHAN MILLER/GETTY IMAGES

American Idol runner-up Clay Aiken will speak out about equal rights at an event in North Carolina this weekend.

More than a year after disclosing he is gay, Clay Aiken is speaking before a gay-rights event in his hometown.

Aiken will deliver a speech about gay rights this weekend at the Human Rights Campaign Carolinas gala in Raleigh, The News & Observer of Raleigh reported Wednesday. Actress Meredith Baxter, who recently said she is a lesbian, also will deliver a speech.

The 31-year-old Raleigh native, pop singer and 2003 American Idol runner-up said he wrote his own speech after remarks provided for him proved too political, including a slam aimed at former president George W. Bush.

"I don't feel like this is the place to be horribly politically charged and bash people and talk about the wrongs that have been done," he said. "My goal is to be hopeful, that it's time for everyone to have equal rights."

Aiken says his goal is to urge Americans to support equal rights for all. He says that means allowing homosexuals to marry and enjoy rights that heterosexual couples take for granted like inheritance and hospital visitation. Aiken said that goal may take decades.

"It's more important to me, as a parent, that my son have all the rights — if he's gay — than it is for me. I don't want to do anything today that's going to inhibit, or be a detriment to, his rights," he said.

Aiken's son, Parker, was conceived via in vitro fertilization and born in August 2008. Parker's mother is music producer Jaymes Foster. Foster, who lives in California and Aiken, who lives in the Raleigh area, share custody.

Aiken said he would probably attend Saturday's event with his bodyguard and without family members or friends. Some family members have handled news of Aiken's homosexuality better than others, he said.

"Some Southern families like to sweep things under the rug," he said. "We just don't talk about it."

THE ASSOCIATED PRESS

Judging the Idol judges

TV Patti LaBelle thinks some people shouldn't be on American Idol — and she's not talking about the contestants.

Patti LaBelle

"Some of the judges, I don't think they're qualified to even judge," she said in an interview Wednesday.

The veteran R&B diva wouldn't say which judge she thought was lacking. LaBelle said she was asked to be a judge on the series before Paula Abdul; a rep for the show had no comment on whether she was. LaBelle feels like the judges' comments to the contestants are too mean.

"The comments that were made, they could make you like wanna kill yourself," the 65-year-old singer said.

THE ASSOCIATED PRESS

Glee cast members get taste of Olympics during Vancouver visit

TELEVISION Actor Kevin McHale says he's surprised by the number of ardent Glee fans he met while taking a spontaneous trip to Vancouver to check out the Winter Games.

McHale said Wednesday that he and co-stars Mark Salling, who plays Puck, and Matt Morrison, who plays teacher Will Schuester, had a blast during a two-day trip last weekend.

He said they caught some hockey, checked out bustling Robson street and were constantly met by fans.

"I think it was kind of the most we've all gotten recognized, ever. Apparently everyone in Canada watches Glee," said McHale, who plays the wheelchair-bound Artie.

"We went out for like 15 minutes when we first got there just to walk around and we had to go back to the hotel because we got stopped like every two seconds.

"We were getting mobbed."

McHale says the trio were at a restaurant when Canada's Jon Montgomery won the gold in men's skeleton.

"We were out eating and the town just erupted when he won and it was incredible," he says.

"The building was shaking from people cheering."

McHale says co-star Cory Monteith, a Calgary native, had been in Vancouver the previous week for the opening ceremonies and suggested they check out the festivities.

Glee returns from a mid-season hiatus April 13 on Global.

THE CANADIAN PRESS

Toronto concert promoter won't stand for Doom stand-in

MUSIC The promoter behind a concert featuring masked rapper Doom says it's doing everything it can to make sure the controversial artist actually performs at his upcoming Canadian show.

Doom is the alter ego of musician Daniel Dumile, who has previously been accused of sending a substitute to perform in his place.

He told Rolling Stone last year that "you never know who you might see" at one of his shows.

Last week at a scheduled gig in Chicago, some fans claimed the performer onstage had a different body type than Doom, lip synched throughout the show and left after 20 only minutes.

REMG Entertainment says it takes the integrity of its concerts very seriously and is "taking every precaution necessary to ensure that the performer onstage is in fact Doom."

Doom is scheduled to appear Thursday with D-Sisive and Mixtape Massacre.

THE CANADIAN PRESS

From teen heartthrob to a guilty plea
Leif Garrett has pleaded not guilty in a felony drug possession case in Los Angeles. The plea came Wednesday during the arraignment of the musician and former teen heartthrob. Garrett, who is free on bail, did not speak to reporters. THE ASSOCIATED PRESS

JAE C. HONG/THE ASSOCIATED PRESS

Walter and Judy Koenig, parents of missing actor Andrew Koenig, talk at a news conference at the Vancouver Police Department in Vancouver yesterday. Andrew Koenig, who had a recurring role on the 1980s sitcom Growing Pains, was last seen on Feb. 14.

Star Trek actor makes a plea to his son

The actor best known for his portrayal of Russian crew member Pavel Chekov on the original Star Trek television series made an impassioned plea Wednesday for people crowded into Vancouver for the Winter Olympics to keep an eye out for his missing son.

Walter Koenig said his son Andrew — himself an actor who played Richard 'Boner' Stabone in the 1980s sitcom Growing Pains — suffers from depression.

He said Andrews had been off his medication when he vanished nearly two weeks ago while visiting Vancouver.

"I implore, I beseech, I humbly request that even during this extraordinary time, when you have the Olympics here and there's so much going on, if the population can take one more step and try to be aware that we have a son, Andrew Koenig, who is presently missing, whose state of emotional health may not be very good," Koenig told a news conference in Vancouver, his wife Judith at his side. "Just look out for him."

Police say 41-year-old Andrew Koenig was last seen in Vancouver on Feb. 14. He was due back in Los Angeles two days later but never showed up.

Since then, police have canvassed his friends and searched Vancouver's sprawling Stanley Park, one of his favourite spots in the city, but so far haven't turned up anything. His cellphone hasn't been used since Feb. 16, and he last accessed his bank account a few days before that.

"To my son directly: We just want to know that you're OK."
Walter Koenig

Koenig's parents said their son has battled depression his entire life and before he vanished, he gave away and sold some of his possessions and even cleared out his apartment in Los Angeles.

He last spoke with his mother a few days before he disappeared, and she said he sounded "up but detached" during their conversation. Walter Koenig received a letter from his son a few days later, although he didn't reveal what exactly was in the letter.

Walter Koenig said he is especially concerned his son may harm himself.

"I think it's almost impossible not to explore that as one of the options," he said. "Since I am of a psychological orientation that goes there first, it's certainly something that has been torturing me."

The Koenigs addressed their son directly, pleading for him to contact his family.

"To my son directly: We just want to know that you're OK," said Walter Koenig, his voice breaking. "If it means you want to stay here, you want to change your life and stay here and find peace and happiness here, that's OK. You don't have to come back, just let us know."

Koenig said his son first came to Vancouver while filming an episode for the 1980s television show 21 Jump Street and fell in love with the city, staying for another three years. During that time, he had little contact with his parents.

He said his son's depression has always been a lifelong concern, but it hasn't stopped him from pursuing a career first as an actor and more recently as a video producer for Internet films and podcasts.

"It has not prevented him from being a participant in his community, in his industry, it hasn't prevented him from being an activist dealing with environmental situations. This is a committed human being, a very good person whom we are both very proud of."

He was arrested in 2008 during the Rose Bowl parade in California, while protesting China's support for the country's military junta government.

THE CANADIAN PRESS

Octomom not ruling out having more children

FAMILY Octuplets mother Nadya Suleman says she doesn't plan on having more children unless she gets married someday "far" in the future. She says if that ever happens, she would only have one child.

Widely known as "Octomom," Suleman has six older children. She appeared Wednesday on ABC's daytime talk show The View, where she has been a frequent topic of debate.

Suleman's octuplets celebrated their first birthday in January.

All of her children were conceived by in vitro fertilization, and she has been criticized for having a huge family as a single mother on public assistance.

Nadya Suleman

She says her children are her priority and she is looking into various opportunities, including writing a book, to support them.

"If someday far, far, far, far in the future, when they're older, if I meet somebody. ... I'm not going to say 100 per cent 'no,'" Suleman said when asked if she planned to have more children.

"I'm not going to say someday far in the future (I will) get married and want a baby with that person."

THE ASSOCIATED PRESS

CLARA HUGHES
Olympic & World Champion

Casting Call for Smokers Ready to Quit!

Are you or is someone close to you a smoker? Are you ready to quit, but need a little help?

Evidently Pictures is currently casting a docu series titled "Smoked." Seeking GTA smokers who want to quit. Over 10 weeks, have the unique experience of quitting with expert support and custom over-the-counter nicotine replacement therapy.

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Busey welcomes baby boy

Gary Busey's girlfriend, Steffanie Sampson, has given birth to a boy named Luke Sampson Busey. THE ASSOCIATED PRESS

RAIN tribute band channels The Beatles

JOHN KEILLOR
for Metro Canada

PHOTO COURTESY OF JOAN MARCUS

Joey Curatolo, Ralph Castelli, Joe Bithorn, Steve Landes make up RAIN, a Beatles' tribute band playing in Toronto.

The Beatles transcend being mere classic rock. They are serious history now, the blueprint of a stellar pop career. From the fresh-faced mods of 1963 to hippy eccentrics in 1970, their impact on music and culture is uniquely represented by RAIN, a Beatles tribute band whose live show includes the legendary Liverpudlians' entire history.

And with five concerts lined up this weekend at Toronto's Princess of Wales Theatre, RAIN's line up has over a century of combined experience in doing the Beatles right.

"We all met while performing the Broadway show, Beatlemania, around 1977," explains Ringo Starr-avatar Ralph Castelli by phone. "When that ended in 1983, we kept going. And here we are still."

RAIN's show is a complete multi media experience, with six costume changes and six different sets, based on the album covers. Not only are the performers experts, but the concert itself is a kind of artwork, an homage to the turbulent '60s, revealing how the Beatles shaped that decade.

"We start with the outfits of the famous Ed Sullivan Show appearance," Castelli says, "and go on to the Shea Stadium concert in New York. No one had played rock shows that big before, when their mop top haircuts were considered radical.

In the transition from Revolver to Sgt Peppers, the show goes from black and white to colour, and the band dons bright psychedelic uniforms.

Their hair gets bushier. Even the sound quality differs.

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Pasdar pleads not guilty to DUI

Adrian Pasdar has pleaded not guilty to a misdemeanour drunken driving charge. The Heroes actor entered the plea through his attorney and did not attend a court hearing on Wednesday. His case is scheduled for a pretrial hearing on March 15. THE ASSOCIATED PRESS

Team plans to rebuild after R&B studio fire

A Grammy-winning songwriting team has pledged to rebound from a fire at their music company offices, which produced dozens of best-selling records from R&B stars including Teddy Pendergrass, Patti LaBelle, Lou Rawls and the O'Jays.

Fire, smoke and water damage from last weekend's blaze ruined 40 per cent of the memorabilia at Philadelphia International Records, though the recording studio was largely spared, label co-founder Kenneth Gamble said Wednesday.

"When I walked through it the other day, it was like an old friend had died," Gamble said.

"I'm looking for the resurrection. Bottom line is we'll be back."

City fire officials said the fire at 7:30 a.m. Sunday was set intentionally, but no one has yet been charged.

One man was rescued from the offices, which occupy the top floor of a three-story brick building downtown.

The fire damaged gold and platinum records and the company's personal inventory of CDs by Michael Jackson and the Jacksons, Pendergrass, Rawls and LaBelle, Gamble said.

Gamble, 66, partner Leon Huff, 67, and fellow Philadelphia producer Thom Bell are credited with creating the lush acoustics of 1960s and '70s soul music that came to be known as the Sound of Philadelphia. Gamble and Huff's songs include the O'Jays' Love Train, Billy Paul's Me and Mrs. Jones and McFadden&Whitehead's Ain't No Stoppin' Us Now.

THE ASSOCIATED PRESS

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On December 7th, Barbara Drummond's Christmas began a little early, when the 52-year-old Barrie resident won $1,000 A Week For Life, playing CASH FOR LIFE. Barbara plans to get a new car, share some of the winnings with her son, and find new ways to enjoy life. Week after week.
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Cineplex to show Oscar noms

Canadians will soon get to see this year's Oscar-nominated short films on the big screen. Cineplex Entertainment plans to show the pieces in select theatres March 1st, 4th and 7th — the day the Academy Awards take place. THE CANADIAN PRESS

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Paris Very chique

THE ASSOCIATED PRESS FILE PHOTO

Actress Angelina Jolie sits in a cafe in Paris, during a scene being filmed for the movie The Tourist, directed by Florian Henckel von Donnersmarck, unseen, in Paris, yesterday

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DRAMA. SUSPENSE. COMEDY.
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And then there was one

A rep for Mary-Kate Olsen has confirmed that the 23-year old actress is no longer dating her longtime beau, Nate Lowman, who she started seeing back in 2008. PEOPLE.COM

Toronto's independant film scene is alive and well

Maybe it's a case of art colouring life. Like plenty of arthouse and independent movies, we are predisposed to expect a depressing story and have become used to the narrative of older, specialty movie houses closing down.

After months on the ropes — and what looked like a knockout blow in December when the Carlton Cinemas closed down — Toronto's arthouse and independent movie scene is poised for a major comeback.

But this story may turn out to have a happy Hollywood ending. A cursory look at the downtown film scene shows that Toronto has more screens than ever geared toward specialty fare, and it's only going to get better over the next year.

Last week, Edmonton-based Magic Lantern cinemas announced that it would be reopening the Carlton in June. In the interim, the major chains have also stepped in to fill the gaps, with multiplexes like the Scotiabank and the AMC Yonge & Dundas dedicating a few screens to independent films, alongside the likes of Avatar and Valentine's Day.

This is in addition to venerable independent venues such as the Bloor and Royal cinemas, which routinely host festivals and premieres, and the smaller arthouse screens, such as Cinecycle and the new Acacia Centre.

The indie scene here is nothing if not diverse.

But by far the biggest advancement for independent cinema will be the opening later this year of the Bell Lightbox, the new home of the Toronto International Film Festival, with five screens and a promise to host non-mainstream programming year-round.

"Definitely, the number of screens, with the addition of AMC and the Bell Lightbox, will mean we haven't seen this many functioning screens in downtown Toronto up until now, so that's definitely a major improvement," says Hussain Amarshi, president of Mongrel Media, a local distributor of films such as Broken Embraces, An Education and The Last Station.

Mongrel co-owns Camera Bar on Queen St. W., which has a small space for private and public screenings.

As for larger players like the AMC and Cineplex's Scotiabank, Amarshi explains that the competition between the big boys has made room for smaller movies.

"Both are primarily commercial theatres, aimed at primarily larger Hollywood product, but with AMC coming in on the scene almost two years ago, it increased the number of screens in the city, and given the competition between both of them, if a film plays at AMC, it cannot play at Scotiabank, so it resulted in certain openings in both cinemas for more independent product," says Amarshi.

> **"Definitely, the number of screens, with the addition of AMC and the Bell Lightbox, will mean we haven't seen this many functioning screens in downtown Toronto up until now, so that's definitely a major improvement."**
>
> Hussain Amarshi, president of Mongrel Media

The situation isn't all that surprising to Jeanne Ritter, president of Domino Film and Television Ltd., a Montreal-based distributor of Reel Injun, a documentary about the depiction of aboriginals in films, which is currently running at the AMC Yonge & Dundas.

"In Montreal, for English-language Canadian films, the AMC downtown really is one of the only places to go," she says. "And in Toronto, it has been used as a venue for TIFF as well. Reel Injun played there during the festival, so it's been a very good venue for us."

Noah Cowan, artistic director of Bell Lightbox, welcomes the growth of Toronto's independent cinema scene.

"Our position has always been the more the merrier. We're delighted to see the Carlton coming back, we're delighted with the success of the Royal and The Bloor, and look forward to working with them in partnership with future endeavours," says Cowan.

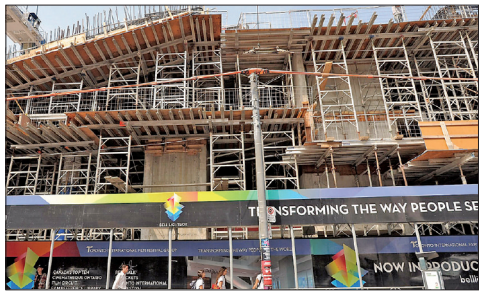
"Toronto has always been an incredibly supportive environment for artistically made films. It punches way above its weight in terms of gross box office in North America, for films that are challenging and, you know, we like to think that the Toronto film festival might have something to do with that. But I think it also has to do with the incredible diversity of the people in the city."

Cowan says TIFF is still a few weeks away from hearing from its construction team how much of the complex will be available for the festival, but the five screens should be open for non-festival programming sometime this fall.

So if you simply must see Avatar again, there are plenty of screens to do so.

But don't tell us you didn't have other options.

TORSTAR NEWS SERVICES



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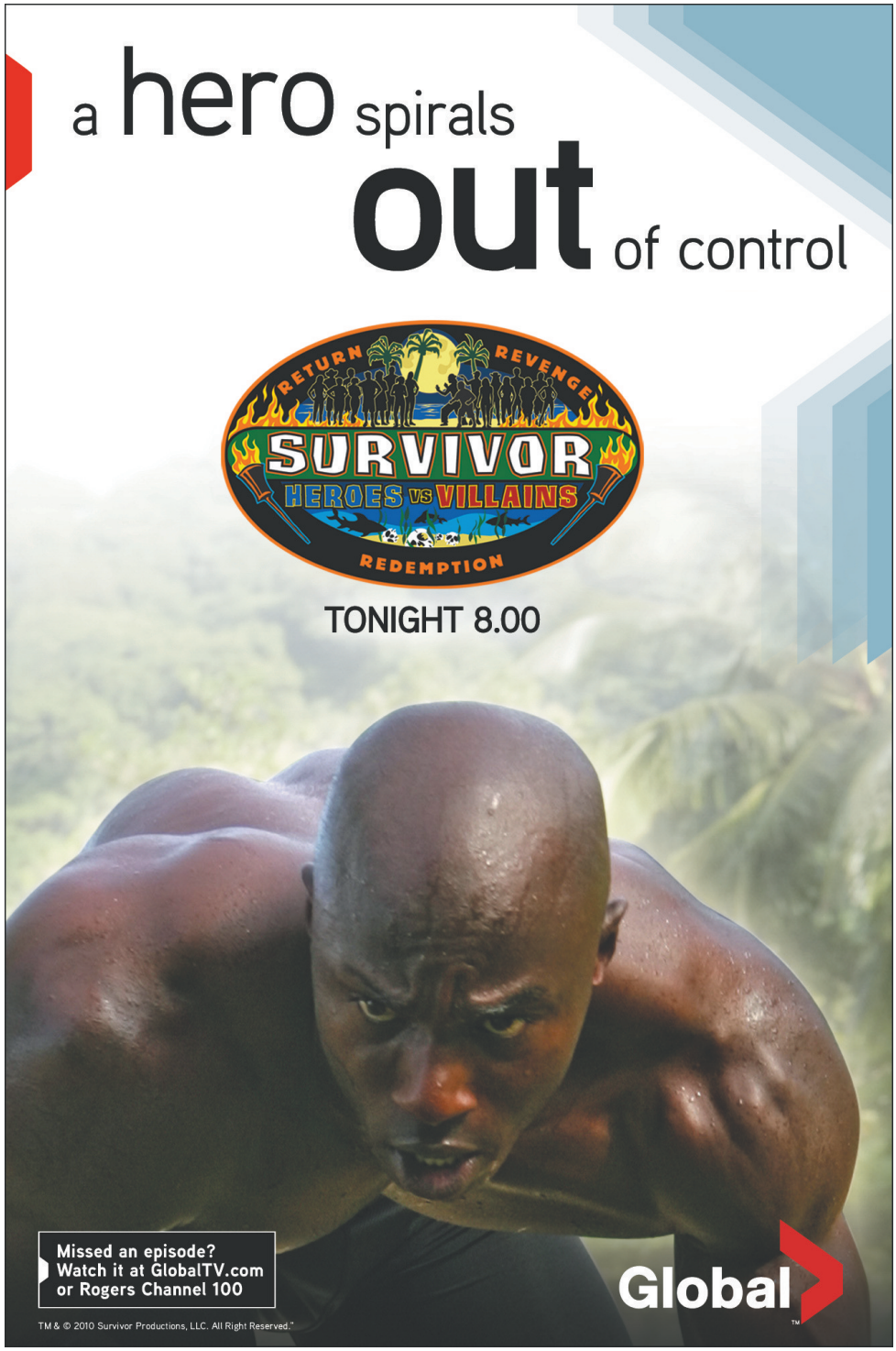
Bell Lightbox will be TIFF's new home



Bieber joins Nickelodeon awards lineup

Parents, get your earplugs ready. Nickelodeon is pumping up the volume for teen heartthrob Justin Bieber, who will make his Kids' Choice Awards debut on March 27. The 15-year-old pop sensation will be a featured performer, along with Grammy winner Rihanna. METRO NEWS SERVICES

Timothy Olyphant stars in The Crazies.

'Bad guy' done good

Timothy Olyphant has a lone regret about playing a small-town Iowa sheriff with a big problem in the reboot of George A. Romero's horror-thriller The Crazies, opening tomorrow.

"If I have one complaint it would be that I kept saying to (director Breck Eisner), 'I should have sex with somebody. Why do you think I got into show business?' It was the only part where I felt Breck and I never got on the same page."

It's clear rather quickly that 41-year-old Olyphant has a dry sense of humour. It shows up several times as he chats with Torstar News Service from his makeup chair on the San Diego set of Justified, a new drama series created by Canadian Graham Yost, based on an Elmore Leonard novel.

The Crazies opens in theatres tomorrow

The Hawaii-born Olyphant has gone back to his movie beginnings for The Crazies. His first screen role was as a killer in the 1997 horror flick, Scream 2. From there, he went on to steady screen work in small parts until he landed the lead in the rom-com Catch and Release opposite Jennifer Garner in 2007, followed by Live Free or Die Hard and the Iraq War drama, Stop-Loss.

The Toronto Film Critics Association chose him as runner-up in the Best Supporting Actor category for his creepy role as an oddball veteran who may have murder on his mind as he joins up with honeymooning hikers in last year's A Perfect Getaway.

"I like playing bad guys that are good," he says. "I mean, we all want a little comedy with our drama."

Olyphant said he "loved" working on The Crazies, and got to come up with some interesting bits for his character along the way in collaboration with director Eisner, including a very novel way of using a knife.

"We're very proud of that," he says.

TORSTAR NEWS SERVICE

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OLG

"Malcolm" joins band

Frankie Muniz, former star of sitcom Malcolm in the Middle and two-part Hollywood franchise Agent Cody Banks, is the drummer for unsigned Arizona rock act You Hang Up. PEOPLE.COM

Rehab stint prompts break from Two A Half Men show

CBS is temporarily halting production of television's top-rated comedy, Two and a Half Men, following news from Charlie Sheen's publicist that the actor is in rehab and is taking a break from the show.

Publicist Stan Rosenfield announced Tuesday that Sheen has entered a rehab facility "as a preventative measure." He asked for privacy for Sheen, 44, but did not specify why the embattled actor was seeking treatment.

Sheen's bosses expressed support for the actor in a statement that said they were temporarily stopping production of the show.

"CBS, Warner Bros. Television and (Executive Producer) Chuck Lorre support Charlie Sheen in his decision today to begin voluntary inpatient care at a treatment centre," the statement said. "We wish him nothing but the best as he deals with this personal matter."

The statement offered no timetable for when the show would resume taping.

The decision comes roughly two months after Sheen was arrested after a fight with his wife at his home in Aspen, Colorado. Prosecutors later charged the actor with felony menacing and misdemeanour charges of third-degree assault and criminal mischief. The most serious charge carries a maximum three-year prison term.

Sheen has not entered a plea and is due back in court on March 15.

Assistant District Attorney Arnold Mordkin said Tuesday he hadn't heard that Sheen had entered rehab and couldn't discuss what bearing it might have on the case.

Sheen's wife, Brooke, is also in rehab seeking treatment for an undisclosed reason, her attorney Yale Galanter said Monday. She is still asking that the charges be dismissed, he said.

Galanter and Rosenfield confirmed Monday that Los Angeles child protective services workers visited the actor and the couple's infant sons over the weekend. Galanter and Rosenfield said it was a routine, previously scheduled visit related to the Aspen court case.

THE ASSOCIATED PRESS

GETTY IMAGES FILE PHOTO

CBS confirmed Two And Half Men will be on a production break because Charlie Sheen is in rehab.

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TO	Vu	SD	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
2/25/10	265	353	2	TVO	Mighty Movers		The Agenda With Steve Paikin		Party Animals		Masterworks		Agenda-Paikin
primetime	211	331	3	GTV	Entertainment	ET Canada	Survivor: Heroes vs. Villains		The Office	The Office	90210 (HDTV)		News Hour
	215	343	4	OMN1	Two/Half Men	The Office	XXI Winter Olympics Figure Skating, Nordic Combined. From Vancouver, B.C. Figure skating: ladies free skate.						
	210	302	6	CBC	Wheel Fortune	Jeopardy! (N)	The Nature of Things		Carbon Hunters		CBC News: The National		The Hour
	214	344	7	CITY	Law & Order: Special Victims		How I Met	Parks/Recreat	30 Rock	30 Rock	Dark Blue		News
	212	313	8	CTV	(6) XXI Winter Olympics Hockey, Skiing, Figure Skating, Medal Ceremonies. (Live)								
	218	345	11	CHCH	*The Replacements* ★★ (2000, Comedy) Keanu Reeves.				*Eight Legged Freaks* ★★ (2002, Suspense) David Arquette.				News at 11 (N)
	-	-	14	-	(6:30) XXI Winter Olympics Hockey, Figure Skating. Hockey: women's Gold Medal game; figure skating. (Live)								
	213	326	15	SUN	George Lopez	The Insider (N)	Stargate SG-1		Supernatural (HDTV)		The Insider	Hitchcock Pres	Becker
	-	387	16	CBS	Inside Edition	Access H.	Survivor: Heroes vs. Villains		The Mentalist (HDTV)		CSI: Crime Scene Invstgtn.		News 4 at 11
	-	385	17	NBC	Entertainment	Olympic Zone	XXI Winter Olympics Figure Skating, Freestyle Skiing. (HDTV) (Live)						
	-	386	18	ABC	Wheel Fortune	Jeopardy! (N)	The Deep End (N)		Grey's Anatomy (HDTV)		(10:01) Private Practice		News
	219	346	20	ACH-B	TMZ (N)	Access H.	American Idol		The Mentalist (HDTV)		CSI: Crime Scene Invstgtn.		A News
	-	-	28	FOX	Judge Judy (N)	Two/Half Men	American Idol		Kitchen Nightmares (N)		Seinfeld	Two/Half Men	The Simpsons
	-	388	61	PBS	PBS NewsHour	My Hero	Doc Martin		Britography (DVS)		MI-5		Business Rpt.
	297	652	330	WPX	Two/Half Men	Family Guy	The Vampire Diaries		Supernatural (HDTV)		PIX News at Ten Tong.		Two/Half Men
	296	654	331	SBK	The Insider (N)	Entertainment	Law & Order: Special Victims		WBZ News (N)	'70s Show	Frasier	Frasier	The Office
	298	653	332	TLA	The Tyra Show (N)		According-Jim	Family Guy	KTLA News	KTLA News	Two/Half Men	Two/Half Men	Vampire
news	502	390	26	NW	Connect with Mark Kelley (N)				CBC News: The National		The Nature of Things		National
	500	500	33	CNN	Situation Room-Wolf Blitzer		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
	509	504	79	CNB	Kudlow Report		The NEW Age of Wal-Mart		American Greed		American Greed		Mad Money
sports	405	417	22	net	XXI Winter Olympics		XXI Winter Olympics Curling, Skiing, Cross Country Skiing, Hockey. (HDTV) (Live)						
	400	400	30	TSN	(6) XXI Winter Olympics Curling, Figure Skating, Hockey. (HDTV) (Live)								
	411	457	58	OLN	Ghost Hunters		Destination Truth		XXI Winter Olympics		Ghost Hunters International		Destin. Truth
	417	406	81	SC	Pass Time	NASCAR Hub	Pinks -- All Out (HDTV)		Bullrun (HDTV)		Bullrun (HDTV) (N)		Pass Time
family	551	542	25	YTV	Fries That?	Prank Patrol	The Next Star		Fries That?	Prank Patrol	Family Biz	To Be Indie	Prank Patrol
	554	544	45	TEL	Stoked	Total Drama	Majority Rules	6TEEN	Futurama	King of the Hill	*Edward Scissorhands* ★★★ (1990, Fantasy)		
	556	540	51	FAM	Sonny Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
cable variety	602	567	27	W	Supernanny		Love It or List It		Confidential	Confidential	Divine Design	House-Sell	Love It-List It
	570	580	29	MM	So You Think You Can Dance Fourteen dancers perform.				So You Think You Can Dance		MOD Live at the Base		Concert Series
	615	520	31	A&E	The First 48 (HDTV)		The First 48 (HDTV)		The First 48 (HDTV)		Manhunters	Manhunters: Fugitive Task	
	700	800	35	TLN	Centrovetrine	Sky TG 24	L'Insegnante Va in Collegio				George Lopez	George Lopez	Lopez Tonight
	571	581	36	MMM	The Daily Fix		Ranked!		mmtop10.ca		Me, Myself and I: Elton John		Gene Simmons
	575	583	38	CMT	Amer. Funniest Home Videos		Reba	Reba	According-Jim	According-Jim	Home Improve.	Home Improve.	UnStable
	616	521	39	SHO	Relic Hunter		*Cleaverville* (2007, Suspense) Ever Carradine.				Cra$h & Burn (HDTV)		Law Order
	620	523	40	BVO	Storytellers	PhotoXplorers	Innovators	Writers	*The Rival* (2006, Suspense) Tracy Nelson, Heather Tom.				Law & Order
	601	562	41	SLC	Rich Bride Poor Bride		X-Weighted		Bootcamp	Last 10	Re-Vamped		ET Canada
	522	506	43	HIS	Pawn Stars	Pawn Stars	Ancient Discoveries (HDTV)		Ancestors	Ancestors	Nostradamus Effect (HDTV)		Air-Crane!
	625	548	44	COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Martin	Sarah	Daily Show
	600	564	46	H&G	House Hunters	Property Virgin	Holmes Inspection		House-Bryan	Real Renos (N)	House Hunters	House Hunters	Holmes
	294	529	47	TBS	Family Guy	Family Guy	House-Payne	House-Payne	Law & Order: Special Victims		Seinfeld	Name Is Earl	*Poseidon*
	576	582	49	BET	106 & Park: BET's Top 10 Live		Michael Vick	Michael Vick	*Belly 2: Millionaire Boyz Club* (2008, Drama) The Game.				Mo'Nique
	627	528	50	SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		Caprica "Gravedancing"		Lost "Lighthouse" (N)		InnerSpace
	581	566	52	MTV	Canada's Next Top Model		Canada's Next Top Model		16 and Pregnant		Taking, Stage	Made	MTV Live
	618	524	54	TROP	Reality	Whatever	Family Guy	Family Guy	Seinfeld	Seinfeld	'70s Show	King	Comeback
	603	561	56	FOOD	Ricardo	Chuck-Day Off	Restaurant Makeover		Extreme Cuisine, Jeff Corwin		Ace of Cakes	Ace of Cakes	Restaurant
	261	394	60	V	Murder, She Wrote		On the Buses	Watchtower	*The Affair of the Necklace* ★★ (2001, Historical Drama) Hilary Swank.				
	621	527	63	STR	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		The View (HDTV) (N)		The Dr. Oz Show (N)		TMZ
	553	546	65	TRE	Backyardigans	Night Garden	Waybuloo	Max & Ruby	Franklin	Babar	Little Bear	Toopy & Binoo	Max & Ruby
	526	507	249	VIVA	Cold Case "8:03 AM"		Missing "Puzzle Box"		The Closer (Part 1 of 2)		Cold Case "8:03 AM"		Psychic Inv.
	300	601	301	M1	(7:10) *Amal* (2007, Drama) Rupinder Nagra.				*Chéri* ★★★ (2009, Romance)			Bloodletting	Cures
	305	612	306	PIX	(7:10) *Ride Beyond Vengeance* ★★ (1966, Western)				*The Bourne Identity* ★★★ (2002, Suspense)				*Owning Mhny*
	520	146	-	DISC	Daily Planet (N)		Storm Chasers Greatest Storms Exciting tornado chases.				MythBusters		Daily Planet
	637	-	-	TVLND	Red Green	Red Green	Fantasy Island		Hart to Hart		Andy Griffith	Phil Silvers	Bizarre
	605	-	-	FASH	Britain's Next Top Model		FashionTele	RAW	Canada's Next Top Model		Britain's Next Top Model		Australia's

critics' corner

Chéri

When retired courtesan Charlotte asks her former colleague, Lea, to instruct her son, Cheri, in the ways of love, the result is a passionate affair that lasts six years. But Charlotte arranges for Cheri to marry a younger woman and insists the affair come to an end. Lea retreats to southern France, but destiny brings the two lovers together once more. Michelle Pfeiffer, Rupert Friend, Kathy Bates, Felicity Jones, Bette Bourne and Iben Hjejle star. 9 PM on M1

The Deep End

In the season finale, "White Lies, Black Ties," Cliff (Billy Zane) tries to find a way back into Susan's (Nicole Ari Parker) life as they prepare to host a charity gala, which has all the associates scrambling to close their cases. Addy and Malcolm (Tina Majorino, Mehcad Brooks) try to find a way around a dishonest insurance company, and Dylan and Beth (Matt Long, Leah Pipes) represent a youngster in trouble over a text message. 8 PM on ABC

New show tracks Mountie training

POLICING A new TV series chronicling the on- and off-duty lives of Mounties has debuted in Saskatchewan.

The first episode of Courage in Red aired Tuesday night on SCN, the Saskatchewan government-owned television network.

The 13-part series "gives viewers a rare, behind-the-scenes look at the training, preparation and challenges the RCMP engage in everyday to maintain law and order in Canada," SCN said in a news release.

"These are people like you and I, they're brothers and sisters and mothers and fathers, people who go home at the end of the day to a family and you don't always get to hang up your belt," said Jessica Webb, series producer with JenCor Entertainment Inc.

THE CANADIAN PRESS

LCBO offering wine deals
The LCBO is currently promoting 17 wines from Southern Italy — Puglia and Sicily specifically. What's nice is the price: many are under $10 and they are offering large format bottles (1500-2000 mL) that come in under $18. METRO NEWS SERVICES

Urban Foodie

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STEPHANIE DICKISON
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mataharigrill.com

Rating: ●●
Dinner & drinks for two: $55

Modern dEcor might seem out of place on Baldwin Street, but I think it's a refreshing change.

Matahari Bar & Grill is clean sleek and peaceful, like a spa. Aqua banquettes line white walls with sayings imparted in big font, such as "Good things are being said about you," and "Wise men learn from fools, than fools from the wise."

It doesn't disclose the cuisine in the least — you'd never know Malay, Chinese, Peranakan (Nyonya) and Indian food are served here.We begin with the Matahari Platter for Two ($20), which is phenomenal. Fresh flavours abound via the Spring Roll (filled with julienne jicama and shrimp), Achar Achar (pickled cucumber, carrot with pineapple, cabbage, green beans in a spicy marinade) and the soft and moist Satays (chicken, beef). Fried Shrimp Wontons and Keropok (homemade shrimp crackers) satiate our wintery craving for scrumptious deep fried food. Red Chili Chicken ($15) bestows a sweet heat and coalesces with red onions, tomatoes and snow peas. The Casbah Cashew Prawn ($18) has great texture – shrimp fraternizes with split button mushrooms and fiery sundried chili peppers, comprising a truly sexy dish. I can't say what we ate was particularly Peranakan, but it was delicious.

On the web

- Get recipes and more great food content at metronews.ca/recipes

Casbah Cashew Prawn ($18)

Global Peasant blog online

- Travel along with Diane Thompson's culinary adventures in her Global Peasant blog.
- Check out metronews.ca/globalpeasant for a recipe of Lamb Burgers with Mint + Feta Yogurt Sauce

Dining out

BEBOP BOOGIE Trane Studio (964 Bathurst St.) — Toronto's only African-Canadian owned jazz bar — has a new menu, courtesy of Former Four Seasons Sous Chef Eglon Walker. Southern American and Caribbean flavours combine in dishes such as Trane Ja Style Pepper Shrimps that is served with Plantain Chips. Go to tranestudio.com or call 416-913-8197 for info.

NOT MEXICAN As long as you don't mind the casual atmosphere — picnic benches crammed into a small space — you're going to love Tacos El Asador (690 Bloor St. W.). Tantalizing burritos, enchiladas, nachos and more are made to order. Some of the dishes are El Salvadorian, not Mexican but still tasty. Call 416-538-9747 for hours and info.

METRO TORONTO

In brief

GOOD INDEED It's been around for about 40 years and its food remains to be a foodie favourite. Good Bite (2463 Yonge St.) is known for its diner-style breakfasts. However, its lunch and dinner options — Fish and Chips with Coleslaw, Spaghetti with Meat Sauce and Wiener Schnitzel — are just as gratifying. 416-483-8432 or goodbite.ca

METRO TORONTO

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L.A. — the city of subdued spending

Joan Rivers told Closer magazine that Victoria Beckham is not welcome in Los Angeles. The 76-year-old comedienne blasted "vulgar" Victoria for her spending habits, insisting she should be less extravagant in the current difficult economic climate. METRO NEWS SERVICES

Celebrity Buzz

No pulse, no breathing

NO SKIN PIGMENTATION A recording of the moment paramedics first announced Michael Jackson's death has been found online, reports femalefirst.co.uk. The voice on the tape — which is believed to feature a Los Angeles Fire Department medic calling ahead to the UCLA Hospital in Santa Monica — could even be used as new evidence in the trial against the star's personal physician, Dr. Conrad Murray, who has been charged with involuntary manslaughter.

The voice is heard saying, "Patient is Michael Jackson, the pop star singer. No pulse, no breathing. Unresponsive. Tried to resuscitate him. Unsuccessful. We've done everything we can. We should be there in five minutes. It doesn't look good. It doesn't look good."

If the recording is genuine then it would be crucial to the trial into Michael's death because it contradicts the timeline of events previously stated by Murray who said the 50-year-old music legend still had a pulse and was warm when he put him in the ambulance.

If the tape is used, prosecutors would argue Murray, 56, actually left Michael for more than an hour after giving him the powerful sedative Propofol, making his actions careless.

The tape, which emerged on the ambulance workers' web forum, is thought to be the first time the announcement was made that Jackson was dead on June 25 last year, although authorities do not yet know whether it is genuine.

METRO NEWS SERVICES

Woody T. Mommason

GENUINE SENTIMENTS OR GROOMED BY HIS HANDLERS? YOU DECIDE Woody Harrelson's mother only approves of his career now he's been nominated for an Oscar, according to femalefirst.co.uk.

The 48-year-old star — who is up for a Best Supporting Actor Academy Award for his role as Captain Tony Stone in The Messenger — has only just been accepted as an actor by his mum Diane, because he has been shortlisted for an honour alongside Hollywood veteran Christopher Plummer.

He revealed, "I got a note from my mom, and she said, 'You finally arrived. You've been nominated in the same category with Christopher Plummer.' So, I got my mom's approval, which is enough, you know what I mean? I don't need a statue."

Harrelson and Plummer are up against Invictus hunk Matt Damon, The Lovely Bones star Stanley Tucci and Inglourious Basterds actor Christoph Waltz for the prize.

METRO NEWS SERVICES

Bidding 'Ciao' to Lake Como

AND 'BENVENUTO' TO THE BECKHAM BROOD George Clooney is reportedly looking to give up his 30-room villa in Laglio, Italy, and he already has a buyer lined up: David Beckham. The British football star is said to have fallen for the estate after visiting last year.

"I have fallen in love with the beautiful countryside," Beckham reportedly told friends, according to the Daily Mail.

"It's peaceful, quiet and near Milan. It would be great for the family."

Clooney is said to be selling because he's fed up with attention from locals and paparazzi at the property. The asking price is said to be around $30.8 million US.

METRO NEWS SERVICES

Going back to the block

WITH A BUSKING HAT IN HAND It looks like Jennifer Lopez's split from her record label wasn't so amicable after all, with sources claiming that Epic Records actually dropped her over the poor performance of her latest singles and the fear that her new album would be a flop, according to Gatecrasher.

"Jennifer hasn't been on top of her game for a while," a source says, while another source adds that it will take some money on Lopez's part for the album to see the light of day now.

"Epic technically owns the material from her album, so she needs to buy it back from them to have control over it," the source says.

"But she'll try to release the album online if need be. It may be her last resort to take control of a poor situation."

METRO NEWS SERVICES

Smelling the fleurs

OK, SO MONEY CAN'T BUY YOU LOVE BUT IT CAN BUY YOU LIFESTYLE Johnny Depp enjoys his privacy, admitting that he doesn't leave his estate in the south of France for months at a time, according to Hollyscoop.

"We have a great place," he says of the home he shares with girlfriend Vanessa Paradis and their two children.

"I've not left the property for three months at a time. I literally just wake up, go out, check the garden and see the vegetables growing.

"It's a pristine existence in terms of simplicity. There's no talk of movies or work and, infinitely more important, the telephone never rings. It really is a beautiful, simple life."

METRO NEWS SERVICES

Love is a two-way street

AND I THINK THIS ONE MIGHT BE A DEAD END, CHICKIE Lindsay Lohan has her heart set on getting back together with Samantha Ronson, she tells the Sun.

"We love each other. We might reconcile the relationship," she says.

"It's changed, so who's to say we won't be together again?"

And if Lohan can't have Ronson, she says she'll probably be off women for good.

"If I wasn't with Samantha, I would probably be with a boy next. She's the only woman I've been attracted to."

METRO NEWS SERVICES

Follow these celebrities on Twitter...

CelebTweets

Today, **LINDSAY LOHAN** is considering a move across the Atlantic, **JUSTIN BIEBER** is keeping up his education while doing publicity in Europe, **CARRIE FISHER** gets deep, and **JESSICA SIMPSON** is considering a new pet.

@lindsaylohan Moving to the UK is in my near future* better dj's/music and Paris is just a Chunnel away!

@justinbieber School field trip this morning! Went to the Arc de Triomphe...learned it took 30 yrs to construct and Napoleon started it. Fyi.

@CarrieFFisher Do living rooms eventually sicken & die?

@JessicaSimpson I'm thinking about getting a pet pig. Does this mean I'll have to give up pork?

METRO NEWS SERVICES

Boyle bashing

BITTER, MUCH? Adam Lambert is no Susan Boyle fan, slamming the Scottish singer's album, which beat out his for the top spot when it was released last year.

"I'm happy for her success, but that album is terrible," Lambert tells England's Gay Times magazine. "Wild Horses is the one that made me laugh the hardest. I just died when I heard it, I was crying with laughter. It was the most horrendous, sacrilegious treatment of that song."

METRO NEWS SERVICES

GIVE A BUCK People are hungry.

TODAY IS LUNCH MONEY DAY

Donate the equivalent of your lunch money to Second Harvest and help feed those who are hungry in Toronto.
Look for volunteers in TTC stations across the city or donate online at
lunchmoneyday.com

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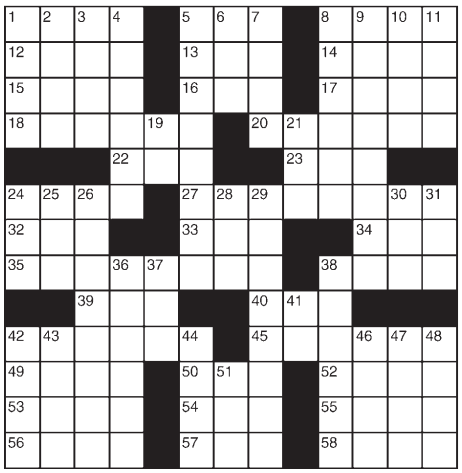
Take Five



Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

			1	5			6	
		8	2	6	9		7	4
		7			2	3	9	
	8	2	7			6		
3	6		5	9	8	1		
	9			4	7			

ACROSS

1 Not barefoot
5 Highlander's hat
8 Eject
12 Proofreader's catch
13 Ortiz of "Ugly Betty"
14 Multinational money
15 The same, in a bibliography
16 Family
17 Being, to Brutus
18 Cookbook entry
20 Snacks (on)
22 Pinch
23 List-ending abbr.
24 Building block name
27 Fairway shot
32 Tramcar contents
33 Marseille monarch
34 Fish eggs
35 Inventor, often
38 Pack cargo
39 Crafty
40 Chinese tea
42 "Thanks —!"
45 Impede
49 "Yikes!"
50 Savings-plan acronym
52 Showroom sample
53 Existed
54 Neither mate
55 Settled down
56 Studio constructions
57 Stick with a kick
58 Lo-cal

DOWN

1 Use a teaspoon
2 Stevenson villain
3 Cartel acronym
4 Mardi Gras mask
5 Join in
6 Singer DiFranco
7 Herbie of jazz
8 Tends
9 Vendor's wagon
10 Gaelic
11 Travails
19 Common ratio
21 "— the ramparts ..."
24 Prune
25 Mound stat
26 Carell/Hathaway movie
28 "Ulalume" writer
29 "USA Today" graphic
30 Bill's partner
31 Chop
36 Gets away from
37 Big Apple
38 Summer shoe
41 Greeting
42 Wields a needle
43 Curved molding
44 Intimation
46 Party-platter preparer
47 Send forth
48 Repetitive routine
51 Director Howard

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

A	R	C	O		A	L	P		A	L	S	O		
G	I	L	L		B	O	O		L	O	A	D		
H	E	A	D	C	A	S	E		I	N	T	O		
A	L	P	H	A			M	E	A	G	E	R		
			A	R	T	S		A	S	S				
P	E	S	T		S	E	C	S		U	F	O		
E	M	U		K	A	P	U	T		I	O	U		
P	S	I		I	R	I	S		S	T	E	T		
		T	O	W		A	P	S	E					
H	E	C	T	I	C			A	L	G	A	E		
U	T	A	H		H	E	A	D	L	O	N	G		
M	U	S	E		A	W	L		E	T	N	A		
P	I	E	R		T	E	E		R	O	O	D		

1	6	7	8	4	3	5	2	9
8	4	5	9	2	1	6	7	3
9	3	2	6	7	5	4	1	8
5	9	8	3	6	7	2	4	1
7	2	6	4	1	8	3	9	5
3	1	4	2	5	9	8	6	7
6	7	3	5	9	4	1	8	2
4	8	1	7	3	2	9	5	6
2	5	9	1	8	6	7	3	4

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day

ADA CHUNG

Pan-Roasted Sweet Potato & Vegetable Medley

Submitted by Tammy Roy, St. Thomas, Ont.

INGREDIENTS:

1/3 cup fresh shucked corn
1/3 cup asparagus, chopped
1/3 cup mushrooms, sliced
1/3 cup sweet potato, diced
1/2 shallot, diced
1/3 cup diced tomato
1 tsp garlic, minced
1/4 cup chicken stock
2 tbsp olive oil
salt and pepper

METHOD:

1. Roast sweet potato in oven at 350°F for 20 minutes beforehand. Then season the potatoes with salt and pepper and place on a greased cooking sheet in oven for another 10 minutes at 350°F before adding to the vegetable mixture.
2. Sauté shallots and garlic in 1 tbsp olive oil.
3. Add another tbsp olive oil to the garlic and shallots,if necessary, and all remaining vegetables, including sweet potatoes.
4. Sauté everything for 5 minutes.
5. Add stock and reduce for 2 minutes and serve.

SERVES 4
PREP TIME: 20 MINUTES
COOK TIME: 20 MINUTES

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Horoscopes by Sally Brompton sallybrompton.com

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ARIES
MARCH 21-APRIL 20
Take time out from your busy schedule to offer a word of praise or advice to someone who is struggling.

TAURUS
APRIL 21-MAY 21
Don't be afraid to put your point of view across today, even if you are not entirely sure that you've got it right.

GEMINI
MAY 22-JUNE 21
If you are having negative thoughts about someone then you must bring them under control.

CANCER
JUNE 22-JULY 22
You can be remarkably persuasive when you want to be and you can easily convince those in positions of authority to back your latest good idea with cash.

LEO
JULY 23-AUG 23
The best way to get rid of a bad habit is to replace it with a good one, so find something you really like doing and focus on that.

VIRGO
AUG 24-SEPT 22
Your analytical nature, plus your way with words, can lead to some pretty sharp observations and you won't hesitate to call it as you see it today.

LIBRA
SEPT 23-OCT 23
For some strange reason you appear to be taking too much notice of what other people say at the moment.

SCORPIO
OCT 24-NOV 22
Although you can see that the changes now taking place in your life will be for the best, you still wish that certain things could remain the same.

SAGITTARIUS
NOV 23-DEC 21
Be fair in all your dealings over the next few days. If you take even the smallest of liberties you will find that someone is ready to question your integrity.

CAPRICORN
DEC 22-JAN 20
You may not be able to explain why you feel wary of someone but you know better than to ignore what you inner voice tells you.

AQUARIUS
JAN 21-FEB 18
Life is what you make of it, and if you make an effort to be cheerful today you will find plenty of things to enjoy.

PISCES
FEB 19-MARCH 20
The Sun in your sign makes you unusually decisive: if you want something badly enough you will find a way to get it.

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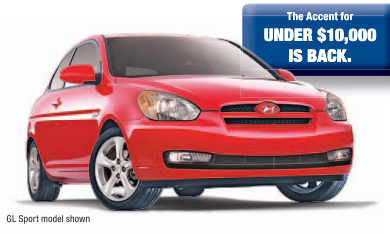

GL Sport model shown

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Unlimited Canada-wide calling with no Long Distance charges	Included (from ANY WIND Home Zone)	$20
Unlimited Incoming Text	Included	Included
Unlimited Outgoing Text	Included (from ANY WIND Home Zone to any Canadian/US number)	Included (from anywhere in Canada to any international number)
Caller ID, Voicemail, Missed Call Alerts, Call FW	Included	$10 Caller ID, Voicemail, Missed Call Alerts, $3 Call Forwarding
Activation Fee	None	$35
1st Monthly Plan Fee	Free	Not Free
Handset Costs (example)	Samsung Gravity • QWERTY slider No contract • $150	LG Neon TE65 • QWERTY slider No contract • $175
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